The Animals
By Hossam Ganby



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European Review of Agricultural Economics

Effect of information about benefits of biotechnology on consumer acceptance of genetically modified food: evidence from experimental auctions in the United States, England, and France

Authors

Abstract

This study investigates the effect of information about potential benefits of biotechnology on consumer acceptance of genetically modified (GM) foods. Consumer willingness to accept compensation to consume a GM food was elicited using an incentive compatible auction mechanism in three US states (California, Florida, and Texas) and in two European countries (England and France). Results indicate that information on environmental benefits, health benefits and benefits to the third world significantly decreased the amount of money consumers demanded to consume GM food; however, the effect of information varied by type of information and location. Consistent with prior research, we find that initial attitudes toward biotechnology have a significant effect on how individuals responded to new information.

Key words

genetically modified food | biotechnology | product information | incentive-compatible auction | consumer attitudes

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Journal of Rural Studies
Volume 16, Issue 2, April 2000, Pages 217–230
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Producer constructions of quality in regional speciality food production: a case study from south west England

Brian Ilbery, Moya Kneafsey
Department of Geography, School of Natural & Environmental Sciences, Coventry University, Priory Street, Coventry CV1 5FB, UK

http://dx.doi.org/10.1016/S0743-0167(99)00041-8, How to Cite or Link Using DOI
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Abstract

Within the context of recent concerns over potential health threats from BSE, *E.Coli* and genetically modified organisms, food quality is of increasing importance in contemporary British society. Thus food producers, retailers and government institutions are engaged in an attempt to reassure consumers that their food is of high quality and safe to consume. Yet, the concept of `quality' is one which is contested, constructed and represented differently by diverse actors operating within a variety of regulatory and market arenas. The aim of this paper is to focus on one set of actors who interact to construct notions of quality within a niche market arena, namely small producers of regional speciality food products (SFPs) in the south west of England. It emerges that, despite new regulatory frameworks and consumer concerns, producers usually define quality in terms of product specification and attraction rather than through official certification schemes or association with region of origin. Food quality, however defined by producers, is essentially self-regulated and constructed within the context of maintaining stable relationships between producers and buyers. Furthermore, marketing is based on low-cost methods which demand a high personal input of time and energy from the entrepreneur. Quality, therefore, must be understood as a contested notion which is constructed by actors attempting to build stable and lasting networks between themselves and others within the market arena.

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British Food is Bad - Myth or Reality?

By Elaine Lemm, About.com Guide

British Food is Bad - A Myth or Reality

That British food is bad has long been the butt of jokes for its supposed poor food, lack of imagination, stodgy puddings and weak tea. Not anymore. By exploding some of the myths surrounding it you'll discover - British food rules.



British Food

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With a history of wartime rationing, industrialisation and now, the domination from giant supermarkets, it is no surprise where the false impression of British food comes from.

Like anywhere else in the world, there is good and bad. French ex-President Jacques Chirac's comment "One cannot trust people whose cuisine is so bad" may have been his personal view on British food; in response, I have even found bad food in France *(sacre bleu)*. The delusion that our food is bad comes from the misconception of what passes off for British food, not what British food is.

A Few Myths About British Food

The Brits only eat fish and chips and roast beef and the Scots, porridge and haggis? The Irish live

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Why Is British Food So Monumentally Bad?

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It's been a stereotype for ages, but it's most definitely true. Why can't they cook?

by: Anonymous replies 230 04/28/2011 @ 02:33AM

Reply 1 - 20 of 230 first | prev | 1 | next | last

flag: [ww] [ff] [troll-dar]

You've never had a good scone with homemade preserves.

by: Anonymous reply 1 04/28/2011 @ 02:43AM

flag: [ww] [ff] [troll-dar]

I lived in the UK and you're silly, uninformed or a twit. I had excellent food, and not just in the posh restaurants in London. Traditional street and fast food still is great, with fish and chips and a range of fine old oddities available. Plenty of wonderful fish - best sole I've ever had. Pakistani, Indian, French, Caribbean, Chinese restaurants are all over. You can get great Scottish and Australian beef. The lamb is great and I could get wonderful mutton, which I never can find in the States. Greengrocers are more plentiful. Home cooks are savvy. Dairy is fresher and you can get better cheeses because they're not paranoid about pasteurizing absolutely everything. I could get goat's milk cheaper than stateside.

What the hell are you talking about?

by: Anonymous reply 2 04/28/2011 @ 02:47AM

flag: [ww] [ff] [troll-dar]

I have nothing against British food. It's just that "fish and chips" is not a great example.

by: Anonymous reply 3 04/28/2011 @ 02:50AM

flag: [ww] [ff] [troll-dar]

[R2] = douche of the century. You must write the tourist brochures in the UK, Pollyanna. lmao!

by: Anonymous reply 4 04/28/2011 @ 02:54AM

flag: [ww] [ff] [troll-dar]

The English were the Klingons of Europe throughout much of their history - going out and conquering less warlike populations; focused on hierarchy, tribal affiliation, and empire. Klingon food probably wouldn't be so great, either.

England isn't a a world power anymore, but they still haven't learned to cook.

by: Anonymous reply 5 04/28/2011 @ 03:01AM

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Resolved Question:

is british food really that bad?

most foreign people, especially the rest of europe, pull a face when they see some of our food. But is it really that bad? they only see the fatty "poor people" food like english breakfasts, dont they understand that back in the olden days that would be great to start the morning off, full of calories, full of energy to get you through a hard days work... plus britain is a cold country (well sort of) a few extra calories would have been great, obviously nowadays its not good but fine in moderation. so what do you think about our food? and have you had some of the finer british food, for example: bread and butter pudding (just an example)

Asked by ? - 4 years ago - Report Abuse

Additional Details

i love haggis and porridge oats, hehe.

what about steak and kidney pie? thats british and its bloody lovely.

i know the tea with milk is stupid, adding milk kills all the anti oxidants in the tea...

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Best Answer

French food is largely based on the sauces that they use. Underneath all the fancy covering it's very much the same basic meat and fish as you'd get anywhere else.

German food is ok if you like any combination of pork, cabbage, beef and potatoes.

Italians are a bit boring when you consider that most of what they eat is pasta in sundry shapes along with tomatoes, minced beef, mushrooms or garlic flavoured pig products.

The Dutch are very good at eating ham and cheese in various combinations.

Nowhere except in Great Britain can you get such a great selection of food including Cornish Pasties, Yorkshire Puddings, Melton Morwbrey Pies, Haggis and Neeps, Fish 'n Chips, Pie 'n Mash, fantastic salads (with proper salad cream - not mayonnaise), Roast Beef with all the trimmings, fish pies (without having sloppy sauces to add flavour), proper mashed potatoes, brussels sprouts and roast parsnips, proper porridge (not US style 'oatmeal'). All washed down with the best cups of tea in the world.

Adding milk to tea isn't stupid - it's a matter of taste, just like some people add sugar. If you want a health drink then that's fine - drink black tea - but don't insult those who like tea with milk.

Answer by The Tank - 4 years ago - Report Abuse

Asker's Rating: *****

i apologize about the tea thing, i drink tea with milk aswell. I drink green tea aswell so i dont really care about the oxidants.

you are right we do have a great selection of food. if only the foreigners knew that.

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Welcome to JVJ.com
website of bestselling writer
J.V.Jones
(you're viewing one of my older pages, circa 1998)



Ha! Here it is, my secret of grossing people out: my childhood experiences of food. I never thought any of them were strange as I grew up, but when I tell people about them now I get some odd looks. Below you'll find a small sampling of delicacies I encountered as a child.

I grew up in the northwest of England, in a small village called Rainhill. My father trained as an army cook in his youth, so he did most of the cooking, not Mum. Trouble is, because of his army days he was accustomed to cooking in LARGE quantities, and he liked to produce meals of staggering proportions and height (height was important to him; Dad could stack 30 slices of toast on one plate without producing any lean). Every Saturday morning without fail, we'd be treated to "Dad's Breakfast Special". Beside the aforementioned toast, there would be bacon, sausages, grilled tomatoes, grilled mushrooms and fish (yes, fish! Whitefish. Boiled for ten minutes then served beneath the bacon). There were no eggs (Dad didn't want to upset the delicate balance of fish and bacon!). However, on the Saturdays when whitefish wasn't in season, Dad would treat us to a slice of black pudding.

Black Pudding

Black pudding, also known as blood sausage, is a pudding made of curdled and boiled pig blood, mixed with chunks of pork fat (for texture and juiciness) and spices, then stuffed into a sausage casing. When served sliced and grilled it has a peculiar grainy texture all its own. It's perfectly black (except for the chunks of fat) and is really quite delicious. I haven't eaten it since childhood, though I do remember it fondly. I never questioned what is was when I was a child, simply accepted it as "that funny black stuff we ate instead of fish."

Lamb's Hearts

This was one of Mum's specialties, not Dad's. Lamb's hearts are roasted in the oven like a joint of meat. They're the size of a child's fist, have a rubbery-velvety texture, and when you slice them in cross-section with your knife you can see all the various chambers and arteries of the heart. I ate these about once a fortnight as a child, we called it "having hearts", yet I didn't realize what they were until several years later.

Tripe

Tripe is the stomach lining of a cow. It is white and translucent, rubbery in texture, and is served boiled with onions. It comes from the butcher in square sheets (so as to fool you into thinking that it's not actually an animal product at all, rather something you might put



Black Pudding: King of Foods?



Tripe: Who Wouldn't Love This?



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The Ultimate Black Pudding Page.

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Purchase Your Own Tripe Machine and amaze your friends by producing industrial quantities of tripe!

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How To Prepare Maggots (according to this gentleman you boil them and give the skim-off to the dog!)

12:52 AM

10 December 2009
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Is British food the world's worst?

Robert Reid
Lonely Planet author

The stuff we do when **traveling** – like go to museums, walk through markets, see statues, walk up mountains – is what I call the **'space between meals.'** For many travelers (if you consider the almost embarrassing devotion to food seen on TV travel shows or travel mags these days), it's the dining experience that anchors our day on the road. We plan travel around the meals. Or *for* the meals. And often our eating experiences are the most memorable of a trip.



Flickr Photo: jaakko.hakulinen

Sometimes the food we find traveling is plain **weird**. Cambodian menus include spiders, Vietnamese ones cats, Chinese go for pig faces, Oaxacans crickets – and Colombians put cheese in their hot chocolate. It's all fair game, whether you eat or not.

But what's the worst?

It seems an easy, and over-shot, target but a recent Lonely Planet staff poll has ignored the site's **recent praise** and deemed that **the world's worst food is from Britain**.

By a landslide.

A few weeks ago, a food poll sent around the LP offices in Melbourne, Oakland, London and the one-guy office in New York, and only one office didn't care enough about its food scene to vote for it.

Can you guess which? (Hint: Not Oakland.)



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Is food in England really that bad?

Written by **Vicky Baker** on **January 7, 2010 – 9:20 am** 11



Is food in England really that bad? I don't think so. Quite the opposite. I miss it when I'm away. (Though I am a vegetarian living in Argentina and so times can be hard.)

Yet still the myth persists that eating in England is some sort of punishment. I often talk to travellers who have very nice things to say about my homeland but can't resist a final dig. "But the food... urgh," they say, wrinkling up their nose.

Where are these people eating? Not where I am. Or am I just used to food in the UK? We all have a fondness for a taste of home that can cloud our judgement. And also a "taste of home" for me is less about the traditional dishes and more about the international variety. Like most British expats in Argentina, I miss our adopted national dish: curry. In fact, I miss spices in general. And I miss having black pepper on the table in restaurants.

I love the fact that you can get any world cuisine you want in London. And done properly too. I'm currently staying near Upper Street in Angel – where you can pop out for an **Afghan meal** if you so desire.

The gastro pub trend gave us a good boost, with people taking pride in the good, old-fashioned basics. Meanwhile, the quality and variety you can get in British supermarkets is quite remarkable. We may not be a full nation of foodies, like our neighbours across the Channel, but we have more than our fair share.

For one of my Argentinian friends living in London, the main gripe appears to be fish and chips. Yes, he did that wrinkly nose thing again about our dear fish and chips. Although I confess, to some extent, I see his point. I tucked into a portion with gusto here last week, but I admit that my plate - which I'd over-enthusiastically 'garnished' with with a spoonful of mushy peas, beans, tomato sauce and an onion ring – was pretty unsightly.

I enjoyed it though.

But it's not all fish and chips in the UK.

I would love to hear from travellers who have actually enjoyed British food. Those that didn't – was it really so terrible? And Brits – what do you miss when you're away?

Photo: Fish and chips by **Ordinary Fool** on Flickr.

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11 Responses to "Is food in England really that bad?"



Yum, my favourite subject.
First, it doesn't really bother me when people lay into British food. In fact, I quite enjoy it. There are certain national stereotypes which can cheerfully survive all the "corrective" hype and propaganda that is thrown at them. We all know funny Germans, ugly

About The Author: Vicky Baker

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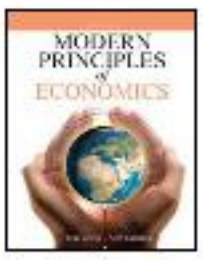
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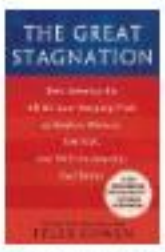
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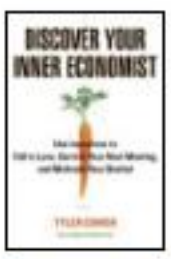
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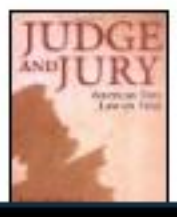
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Why was British food so bad for so long?

by Tyler Cowen on January 13, 2006 at 7:29 am in Food and Drink | Permalink

> English cuisine was historically bad in the cities because England urbanised fast and hard in advance of good transport and good food storage – hence corned beef, pickled everything, and mushy tinned peas. After that it's a matter of lack-of-demand creating lack-of-supply – until recently. Multi-ethnic British cities are a fantastic place to find food these days (it ain't the 50s any more, folks).

That is from reader comments on Brad DeLong's blog, do have opinions on why British food was so bad?

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Michael H. January 13, 2006 at 8:00 am

I think that British cuisine suffered in comparison to French cuisine. But there was an obvious reason why the French restaurant industry was so well developed: the revolution. A lot of French aristocrats lost their heads and their cooks had to find some other way to make a living. They started restaurants. This hyper-competitive situation caused the French restaurants to evolve into something special.

Michael Tinkler January 13, 2006 at 8:19 am

An English friend of mine insists that cheap travel and EU work permits have made all the difference — she says that since the 60s and the increase in lower and middle class travel British diners have been more demanding after they return home (there were always GREAT restaurants in London serving the upper and upper middle classes, after all).

What *she* sees as different now is the number of young British cooks who have worked and trained abroad and come home to open neighborhood restaurants or country restaurants.

american in europe January 13, 2006 at 8:26 am

Traditional English cuisine is not so bad, just a bit bland. I mean, there's nothing inherently wrong with roast beef and Yorkshire pudding, meat pies, etc. if they are prepared well. I've lived in France and french-speaking Switzerland for years and you can get some pretty dismal food here too, beleive me. British cuisine's bad reputation probably originated because of this relative blandness, but it was cemented during the post WWII period when the Brits had to continue rationing even after the war because the country was broke. My father-in-law tells stories about the unbelievably bad food in London in the 1950s, and everyone blamed it on rationing.

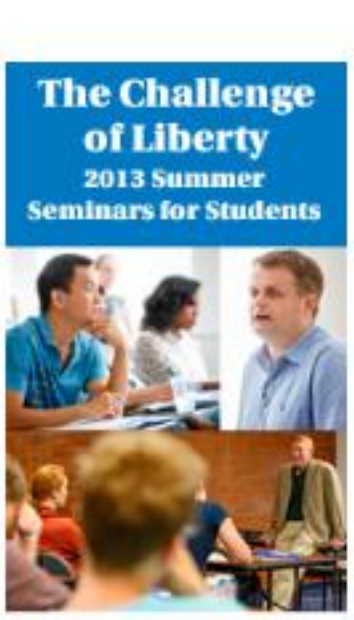
Say, isn't there an old Ealing comedy about a neighbourhood in London that becomes French because of an old treaty that somebody finds? Instantly the food and weather improve, but at the end of the movie when the treaty is torn up and the neighbourhood reverts back to Britain, it immediately starts pouring rain.

andrew January 13, 2006 at 8:45 am

Read the book Beef and Liberty, Ben Rogers' book of "Food Nationalism". He traces the relationship in the 18th century between the British figure of John Bull, the consumption of vast quantities of beef, and the fight against France. One neat aspect

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British Food, Good and Bad

Published on December 23rd, 2008

Written by: Freakonomics

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I just spent a great week in London with the family (see here, and here) and yes, I did run across a few pasties, including these, in the breathtaking food halls at Harrods:



I find it hard to believe that the food halls can be profitable; part of the spectacle is the volume and variety of every sort of food imaginable, and though the prices are suitably dear, it is easier for me to believe the food halls are more loss leader than profit center. Does anyone know?

On another food note: As much as I love London, I am consistently surprised by how very, very bad the food can be. Yes, the more expensive restaurants are usually good, and yes, there are some cheaper places (like this one) that are outstanding. But very often the restaurant food hews to the English stereotype of potted meat, soggy pastry, and vegetable mush. At several meals, it was rare to encounter a single thing that crunched at all or was remotely fresh or colorful. And it wasn't cheap.

This stood in stark contrast, however, to the takeaway food available even in shops like Tesco Express and Marks & Spencer Simply Food. In both those places, there's a great selection of fresh fruit and veg (as they call it there) along with salads, prepared meals, etc., at very affordable prices. It would be the equivalent of walking into a 7-Eleven in New York and finding row upon row of clean fresh fruit and tasty greens — not quite as lovely as the Harrods food halls, but quite nice indeed, and probably one-fourth the price.

So why such an abundance of good fresh food in the corner shops, at good prices, and such a lack thereof in the more pricey restaurants? I expect labor costs figure into the answer, and economies of scale — there are a lot of Tesco and M&S shops — but I'd be pleased to hear from anyone who could explain the rest of it.

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foodways

Dining After 'Downton Abbey': Why British Food Was So Bad For So Long

by MARIA GODOY

February 19, 2012 8:00 AM



Michelle Dockery as Lady Mary: As *Downton Abbey* viewers know, dining in fine style was de rigueur in Edwardian England.

Courtesy (C) Carnival Film & Television Limited 2011 for Masterpiece

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If you've ever watched the television show *Downton Abbey*, you've probably deduced that dining was a very, very big deal in the lives of the landed gentry of Edwardian England.

Much of the drama surrounding the aristocratic Crawley family and their servants unfolds against a tableau of the table.

Beaus jostle for the attention of the earl's eldest daughter while eating elbow to elbow. An engagement is publicly renewed during the evening meal. The butler works himself into an exhausted tizzy trying to keep up appearances without enough footmen to serve dishes in "proper" style.

And the food itself? Turns out, it was "incredibly sophisticated," says Ivan Day, one of Britain's preeminent food historians. "The upper-middle classes and the gentry and the aristocracy — they saw food as a way of impressing people," Day tells The Salt.

That's hard to reconcile with the reputation that dogged British cuisine throughout much of the 20th century as boring, tasteless fare.

IS British food really as bad as the rumors make it out to be?

July 12, 2011 10:08 PM

IS British food really as bad as the rumors make it out to be?

This is really a bit of a fractured question, and yes I do realize that we are talking about subjective taste and not objective fact.

So then...

A. Is British food really as bad as they say?

B. If I was to go shopping at a supermarket there and cook things I like would the foodstuffs themselves prevent success?

C. We were watching the hilarious new Steve Coogan film *The Trip* last night (the genesis of this askme) and the restaurants they toured in Northern England served incredible looking food. Would this food also be not very good?

A naive and provincial question this is, believe me I know, but I'm very curious.

posted by **Senor Cardgage** to **food & drink** (74 answers total) 13 users marked this as a favorite

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A. It's just they don't use many spices or succulent flavorings. People from areas that use more (ie; all not british people) find the food bland because of this.

B. No issues here, though fruits that grow well in warm weather (citrus, peppers, etc) are harder to find in fresh and delicious form.

C. See A, it's not bad though

posted by **oblio_one** at **10:20 PM** on July 12, 2011

No. This is a tired old stereotype spouted by xenophobes who haven't experienced English food in years.

It's true that food in Britain was pretty damned awful until the seventies (at least). This was, in large part, due to the hangover from the cold, bleak years of WWII and the years of austerity that followed. During WWII Britain's food was heavily rationed and the palette was extremely limited. My parents' generation grew up with a very restricted and Spartan outlook on food and this, leavened with some isolationist island xenophobia (garlic is funny foreign muck, etc)created a culture in which food was little more than bland sustenance. Eating out was a shameful extravagance.

Things started to improve in the eighties as a younger generation started to travel routinely, especially to Europe, and as wealth increased. The influx and improvement in foreign cuisine (especially Indian) also improved matters and heightened expectations. By the nineties, serious improvements were underway. Nowadays, people who actually know what they're talking about know that Britain (especially, but by no means exclusively, London) is one of the best foodie destinations in the world and we have more than our share of Michelin-starred chefs.

This is a brief summary of a much longer and more comprehensive post I could write but I have to dash off to work. It's a hot button of mine, though, so I needed to get something down! So, in summary:

A. No

Five Myt.
anglophenia/2012/03/five-myths-about-british-food/

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Five Myths About British Food

By Paul Hechinger | Posted on March 20th, 2012



Fish and chip (AP Images)

With BBC America's new adventure cooking series ***No Kitchen Required*** *(premiering Tuesday, April 3 at 10/9c) whisking three chefs off to far-flung locales to master native dishes, Anglophenia's taking a fresh look at British cuisine. Compared to its successes in other cultural pursuits, Britain's contributions to the culinary arts are wildly under-appreciated. In the beginning of our food series, we examine widely held misconceptions about grub from the other side of the pond.*

Long the target of jokes, it's arguable that *all* aspects of British food are misunderstood.

"One cannot trust people whose cuisine is so bad," **Jacques Chirac** famously said at an international meeting in 2005, when he was serving as France's president.

"The only thing they have ever done for European agriculture is mad cow disease," said the former French prime minister. "After Finland, it is the country with the worst food."

Chirac's jibes at British food didn't end there. He apparently joked with other world leaders, including **Vladimir Putin**, about the time that former NATO Secretary General **Lord George Robertson**, who hailed from Scotland, served him some of the local cuisine.

"That is where our difficulties with NATO come from," quipped Chirac, as reported by **BBC News**.

But those who joke about British food probably haven't been eating it.

International food authority and television personality **Andrew Zimmern** acknowledges that the reputation of British foods has had its ups and downs, but says today's English food hearkens back to a grand tradition.

"Two hundred years ago," Zimmern said, "the phrase 'a fine English meal' was considered high praise."

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12:56 AM

The Oddball English

Extracts and news from the ebook, 'The Oddball English' by Annie Harrison.

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English food is great – well, not all of it...

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Food in England has undergone something of a renaissance. Over the last 20 years, it has moved from bad to good. But if you look closely, you will still discover plenty of 'edible' things to perpetuate the myth that the English can't cook... But first, let's get one thing straight – food in England is brilliant. In fact, it's the best in the world. Bold statements indeed, from a country hampered by modesty and understatement. Yet visitors to these shores seem to arrive with a low expectation of England's culinary offerings – brown Windsor soup, over-boiled meat-and-two-veg, plus dishes with unfortunate names like spotted dick and toad-in-the-hole. Somewhere down the line it was a chicken and egg thing. The English were not interested in food because it was terrible. Or was it that the terrible food gave the English ambivalence to cuisine? Whatever... things have changed. So how come, if the food in England is (allegedly) so bad, do we have more Michelin starred restaurants than any other country on the planet? Visitors, you need to expect a lot more from England's food. It's undergone a massive renaissance. We've moved on from the legacy of food rationing after the Second World War, with limited choice and bland flavours. However, we're still uncomfortable when it comes to waiting on tables – we leave that to foreign students. When you visit England you will be amazed by how much we have let food into our lives. Yes, we may be the most obese nation in Western Europe, but watch out, because we have turned our attention to cooking, big time. Harnessing the world's cosmopolitan cuisines, England now dishes up an awesome choice of beautiful food. The nation is on first name terms with its TV chefs who are more like personal friends with culinary skills – Jamie, Gordon, Rick, Delia, Heston and Nigella – and their cookery programmes are as stylised as *Top Gear*. In fact, Nigella Lawson raises temperatures with her finger-licking antics and gratuitous close-ups of food preparation, likening home cooking to faux gastro porn. We have an insatiable appetite for reality TV cooking contests, cookery books and apps, cookery holidays, baking, dining out and dining in. There's a clue to England's global culinary prowess and food snobbery in the fact that *MasterChef, Come Dine With Me* and even our chums the celebrity chefs themselves have been adopted by an adoring international following. True, in England you can go out to eat Indian, Chinese, Italian, Thai, French, Mongolian, Spanish etc, but you can't actually go out to eat 'English'. But hey, you get great food here. So, we have cleared up the misconception about England's food reputation and agree that English food is good. Yes? **WATCH THIS:** Harry Hill lowers Nigella's tone. **WATCH THIS:** Spoof of the British MasterChef 2010 final.



The Best.
013/02/18/foods-good-bad-for-skin_n_2709747.html



Beyoncé Photoshopped Cavalli Pics Prompts Outrage



Beyoncé Photoshopped Cavalli Pics Prompts Outrage



National Trust To Stage Burlesque Dances (PICTURES)

The Best, And Worst, Foods For Your Skin (PICTURES)

The Huffington Post UK | Posted: 18/02/2013 13:54 GMT | Updated: 18/02/2013 13:54 GMT

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The winter months aren't particularly kind to our skin. Bitter winds and cranked up central heating systems leave us with chapped lips, dry faces and unhappy hearts.

But rather than combatting these unfortunate seasonal drawbacks with fancy face creams and complicated skincare regimes, it turns out it might be best to care for our skin from the inside out.

HuffPost Healthy Living (our big sisters from across the pond) spoke to two dermatologists who revealed that what you eat and drink directly affects the state of your skin.

"Every dermatologist will attest that a well-rounded diet will better support a healthy immune system," says Dr. Bobby Buka, who is based in New York City. "And will therefore result in fewer dermatologic conditions of all types."

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"We've all heard of the allegedly 'forbidden' foods that supposedly trigger acne breakouts, such as fried foods, fatty foods, caffeine, nuts, chocolate and even red meat," says Dr. Neal B. Schultz, who is also in practice in New York City. "The reality is that in well-controlled statistical studies, these foods do not cause acne breakouts."

HuffPost Healthy Living worked with the experts to create a list of foods to avoid to maintain healthy skin



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All McDonald's food and drink can fit into a balanced diet.

We offer a broad range of options in a variety of sizes, and provide nutritional information so our customers can make informed choices about what is right for them.

In fact we have more choice on our menu than ever before. Alongside our traditional options, we also have delicious options such as porridge, bagels, orange juice, deli sandwiches and wraps, salads and fruit. Did you know we have nine different menu items which contain at least one of your five a day and we serve over 45 million portions of fruit and vegetables every year?

In addition we continually review our menu and improve recipes and choices where possible. For example, the average children's Happy Meal sold in 2011 contained 50% less salt, 21% less saturated fat, and 31% less sugar, compared with the average Happy Meal sold in 2000; and 75% of our Happy Meal menu is classified as not high in fat, salt or sugar, according to the UK Government's nutrient profiling model.

We led the way by being the first restaurant chain of our kind in the UK to introduce nutritional information on packaging and have recently expanded this to include calorie labelling on all of our menu boards. This is in addition to the nutritional information that was already available on trayliners and on our website.

Last updated Jun 2012

Haven't found the answer? Please send us your question.







1:00 AM

Burger King boss insults British women and food



Bernardo Hees' gaffe came only six months after taking the helm at Burger King
Picture: REUTERS

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By Nick Britten 4:44PM GMT 13 Mar 2011

The chief executive of Burger King has described British women as ugly and English food as "terrible", in a gaffe likely to enrage his customers in this country.

Bernardo Hees, 40, told a group of students in Chicago that "here the food is good and you are known for your good-looking women".

Comparing the city to his student days at the University of Warwick, where he studied for an MBA, he recalled of his time in England: "The food is terrible and the women are not very attractive."

His gaffe came only six months after taking the helm at the chain, which has 11,500 outlets worldwide, and unsurprisingly were not welcomed in Coventry, where Warwick University is based.

Charli Fritzner, women's campaigns officer at the University's student union, said: "If he views women as potential distractions in academia, I wonder how he views them in the workplace?

"It doesn't make Burger King an attractive employer for women."

Marcus Wareing, a Michelin-starred chef at London's Berkeley Hotel, who specialises in English produce, said his comments were an "insult to British gastronomy", especially given what the Burger King menu contains.

Bad Foo.

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John G
UK

Senior Contributor
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"Bad Food"

Reviewed October 29, 2012

Went there Saturday before going to see 007 opposite. What a bad decision. There were six of us and we had starters and main course and a drink each. The total bill was only £70 but you get what you pay for and it was £70 wasted. I had mushrooms to start which were thrown onto a plate but luckily not too hard as they would have broken the plate they were so hard. For main I had a Black & Blue burger as I expected the blue cheese to add some flavor. the only flavor in the main course was from the barbecue sauce, it was barely warm and very greasy. Coleslaw, well it had been shown the spoon and it was an insult to write coleslaw on the menu. I hate to think what the burgers were made from. Some meals were served then a gap then some more and some were waiting cutlery leaving already warm food to cool further. My advice would be to walk 50 yards further on and go to MacDonalds!!

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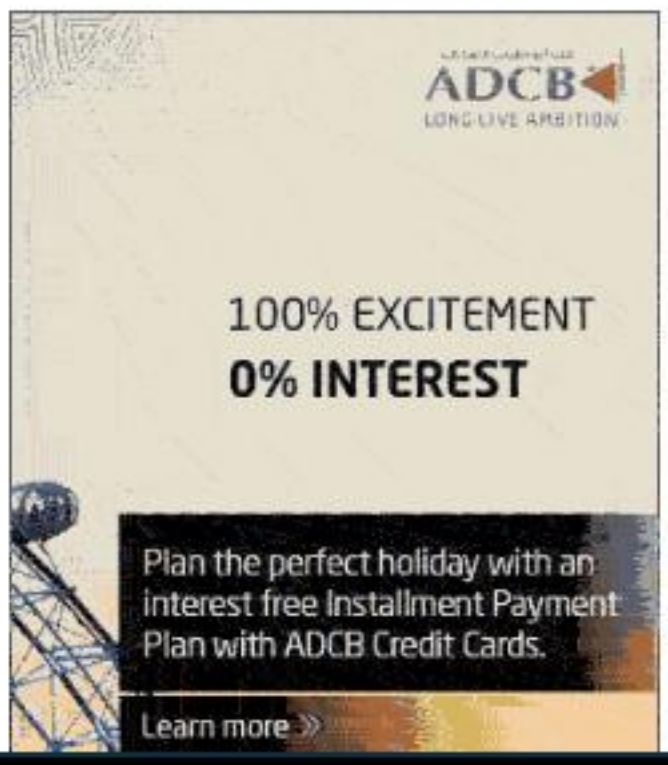
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British food no longer leaves a bad taste in travelers' mouths

Posted on Thursday 04 November 2010 in London
By Tobias McMaster



A new report from VisitBritain, the country's official tourism board, found that a full English Breakfast is popular around the world, perplexing those who hear that the United Kingdom does not serve good-tasting food.

Surveyors asked a group of 26,000 potential travelers whether they would want to eat a full English Breakfast based on a scale from 1 (lowest) to 7 (highest). The meal, which consists of over easy-eggs (sometimes scrambled), bacon, sausage, toast and fried tomatoes, is the most popular and iconic symbol of bad food in the UK. It appears, however, that the world's perception of British food has changed as only two countries, Ireland and Germany, gave the meal less than a "4." Russia and Indonesia were most eager to try the dish.

Another question in the survey asked travelers to agree or disagree with the statement "British food is very bad." Out of the 36 nations questioned, 27 tended to disagree with the statement.

Travelers on London holidays can try a three-star Michelin restaurant at the Dorchester Hotel, which serves British cuisine cooked by "France's most famous chef," Alain Ducasse. "I'm really sorry some still look down on British cuisine," he sighs. "You have wonderful game, lamb and fish with your cold seas."

In 2010, more restaurants in the UK received Michelin stars than any other nation.

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By **Miles B (Theatre Arts, History, Hamline University)** for
Hamline University: York - University of York

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* Housing: *How satisfied were you with your living arrangements?*	★★☆☆☆ It was a bit isolated and had been marked to be torn down the year before but they decided to keep using it.
* Food:	★★☆☆☆ It was ok. mostly.
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Unsafe or poor quality food bought in shops

The law says food you buy must be safe and of satisfactory quality. If food is unsafe or poor quality it may be mouldy, gone off, out of date or contaminated.

This page tells you what you can do if there's something wrong with food you bought from a shop, market or street vendor.

For problems with food you bought in a restaurant see Problems with restaurants.

Take it back to the shop

If you've bought food that is unsafe or poor quality, you can take it back to the shop where you bought it. You should do this as soon as possible and take your receipt. Ask for a refund or replacement. If you have already eaten the food, you won't be able to get a refund or replacement.

Top tips

Keep the food as evidence

If you have a complaint about poor quality or unsafe food you should keep the food item if possible as evidence. You could keep it in a sealed freezer bag. The shop or manufacturer is unlikely to give you a refund or replacement without it. You should also keep your receipt if possible as proof of purchase.

Send it to the manufacturer

Returning food or a sample of the food, to the manufacturer may be the best option. Where a complaint is justified, a food manufacturer may well provide compensation in order to maintain their reputation.

Even if the food was not harmful, a manufacturer will usually provide a refund plus postage, and will often provide more.

Report it to Environmental Health

If the shop has sold unsafe or harmful food, they may have committed a criminal offence. You could report them to your local environmental health department, who may investigate. You should keep all the food, including foreign bodies and any packaging, in case you need it for evidence.

- To find your local environmental health department, see www.food.gov.uk.

Trade associations

If the response of the trader or manufacturer is unsatisfactory, you may be able to report the matter to a relevant trade association if the trader or manufacturer is a member.

- More about trade associations and other organisations which deal with food

If you get food poisoning

If the food has given you food poisoning you may be entitled to compensation from the trader or food manufacturer as well as a refund. You should get a letter from the doctor as evidence confirming your illness as a result of bad food. If you still have some of the food product, you could keep it as evidence as well. Before you make your complaint, make sure you followed the food cooking instructions fully.

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10.Jun.13 Food, Fuel & Running blog: The Good, the Bad and the Fat!



Good Fats? Bad Fats? Saturated and Polyunsaturated Fat? Confused yet by all this food label jargon when it comes to fat in our diet?

Many of the ladies in my Plodders running group have specific weight loss goals in mind and are determined to reduce fat from their diets but find it can be a minefield when it comes to knowing where fats lurk and which are the 'good' and 'bad' guys.

So what is the story with this food group then and is there such thing as a good fat?

We all need fat in our diets as not only is it a source of stored energy it is responsible for the absorption of fat soluble vitamins like A, D and E and also provides us with essential fatty acids which our body cannot make our self.

However if we consume too much of the 'bad stuff' it can lead to increased risk of a multitude of health complications such as increased cholesterol, high blood pressure, type 2 diabetes and cardiovascular heart disease – and let's face it – can make us feel a bit lousy about ourselves.

So which are the good guys and which are the ones to be careful of?

- Saturated Fats are the 'bad guys'. Men should not exceed more than 30g of saturated fat per day and women no more than 20g.
- Sources include fatty cuts of meat, crisps, chocolate, biscuits, cakes, butter and cheese. So save these for treats after a good week of exercise rather than having them every day out of habit.
- The 'good guys' are the Polyunsaturated fats which can actually lower our cholesterol and we should be eating more of these as most of us are not getting enough.
- Sources include oily fish like salmon and mackerel as well as nuts and seeds and sunflower oils.

When we exercise at a moderate intensity the energy we use tends to come equally from carbohydrates as well as fat. However if working at a faster 'race pace' our body tends to prefer the energy from carbohydrates in the form of glycogen. So having that lovely slow plod can actually be beneficial for burning fat.

Why not try this recipe for a delicious fishy toast topper to get some of those good fats in your diet or try this leek and ham cheese bake recipe for a hearty post run meal. I often add cauliflower to the dish make it even more delicious and sometimes omit the ham for a vegetarian option.

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Director: Merryn Threadgold
Stars: Paul Clayton, Clement Freud, Marguerite Patten | See full cast and crew

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Cast

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Credited cast:

Paul Clayton	...	Raymond Postgate
Clement Freud	...	Himself
Marguerite Patten	...	Herself
Cyril Postgate	...	Himself
Oliver Postgate	...	Himself

Full cast and crew »

Storyline

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1:10 AM

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Report a Problem:

Report Food Poisoning

Report a Problem with Food

Report a Problem

What do you do if you think that you or a member of your family has food poisoning? Or if you suspect that food from a store or restaurant is contaminated? Follow these tips to report the problem quickly and effectively.



Report Food Poisoning

If you think you have food poisoning or an allergic reaction to food, call your doctor. If it's an emergency, call 911. If you believe you or someone you know became ill from eating a certain food, contact your county or city health department.



Report a Problem with Food

How to report problems with different types of food, including pet food and restaurant food.

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1:12 AM

Burger King Chief: England Has Bad Food And Unattractive Women

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Bernardo Hees, CEO of Burger King, told a Chicago audience that Great Britain has bad food and ugly women.



How dare he? As long as they hide their tooth and do something about the sickly pallor, many British women actually appear semi-attractive after a drink or nine.

Did you think it was coincidence that John Lennon married a Japanese, Paul McCartney and Ringo Starr both married an Americans and George Harrison married a Mexican? As far as I can tell, they've got one *boner fide* POA in the whole place – Kate Middleton – and she got snapped up by royalty before she'd even left college.

> Comparing the city to his student days at the University of Warwick, where he studied for an MBA, he recalled of his time in England: "The food is terrible and the women are not very attractive."
>
> [...]
>
> Marcus Wareing, a Michelin-starred chef at London's Berkeley Hotel, who specialises in English produce, said his comments were an "insult to British gastronomy", especially given what the Burger King menu contains.

I'll take an Angus Burger over Haggis or Black Blood Pudding any day of the week.

> After Mr Hees' comments, which were made in an unguarded moment, were picked up and reported in America, a spokesman for the company said he regretted them, adding: "Mr Hees apologises if his comment has offended anyone. It .... was intended as a humorous anecdote to connect with his audience."

He should have mentioned that they spell funny, too.

Posted by Steven on March 14, 2011.

Tags: Burger King, England, Great Britain, Women

Categories: National

FOOD MATTERS®

You are what you eat.

TOP 30 WORST FOODS IN AMERICA (BEWARE)

Today's food marketers have loaded many of their offerings with so much fat, sugar, and sodium that eating any of the foods in this article on a daily basis could destroy all your hard work and best intentions of eating healthy. Beware! This list is brought to you by Eat This Not That and Men's Health.

1. Worst Meal in America



Carl's Jr. Six Dollar Guacamole Bacon Burger with Medium Natural Cut Fries and 32-oz Coke

1,810 calories - 92 g fat (29.5 g saturated, 2 g trans) - 3,450 mg sodium

Of all the gut-growing, heart-threatening, life-shortening burgers in the drive-thru world, there is none whose damage to your general well-being is as potentially catastrophic as this. A bit of perspective is in order: This meal has the caloric equivalent of 9 Krispy Kreme Original Glazed doughnuts, the saturated fat equivalent of 30 strips of bacon, and the salt equivalent of 10 large orders of McDonald's French fries!

2. Worst Drink





Baskin-Robbins Large Chocolate Oreo Shake

2,600 calories - 135 g fat (59 g saturated, 2.5 g trans) - 1,700 mg sodium - 263 g sugars

We didn't think anything could be worse than Baskin-Robbins' 2008 bombshell, the Heath Bar Shake. After all, it had more sugar (266 grams) than 20 bowls of Froot Loops, more calories (2,310) than 11 actual Heath Bars, and more ingredients (73) than you'll find in most chemistry sets. Yet the folks at Baskin-Robbins have shown that when it comes to making America fat, they're always up to the challenge. The large Chocolate Oreo Shake is soiled with more than a day's worth of calories and 3 days' worth of saturated fat. Worst of all, it takes less than 10 minutes to sip through a straw.

3. Worst Ribs



Outback Steakhouse Baby Back Ribs



Outback Steakhouse Baby Back Ribs

2,580 calories

Let's be honest: Ribs are rarely served alone on a plate. When you add a sweet potato and Outback's Classic Wedge Salad, this meal is a 3,460-calorie blowout. (Consider that it takes only 3,500 calories to add a pound of fat to your body. Better plan for a very, very long "walkabout" when this meal is over!)

4. Worst Pizza



Uno Chicago Grill Classic Deep Dish Individual Pizza

2,310 calories - 165 g fat (54 g saturated) - 4,920 mg sodium - 120 g carbs

The problem with deep dish pizza (which Uno's knows a thing or two about, since they invented it back in 1943) is not just the extra empty calories and carbs from the crust, it's that the thick doughy base provides the structural integrity to house extra heaps of cheese, sauce, and greasy toppings. The result is an individual pizza with more calories than you should eat in a day and more sodium than you would find in 27 small bags of Lays Potato Chips. Oh, did we mention it has nearly 3 days' worth of saturated fat, too? The key to success at Uno's lies in their flatbread pizza

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5. Worst Mexican Dish



Chili's Fajita Quesadillas Beef with Rice and Beans, 4 Flour Tortillas, and Condiments

2,240 calories - 92 g fat (43.5 g saturated) - 6,390 mg sodium - 253 g carbs

Since when has it ever been a smart idea to combine 2 already calorie- and sodium-packed dishes into one monstrous meal? This confounding creation delivers nearly a dozen Krispy Kreme original glazed doughnuts worth of calories, the sodium equivalent of 194 saltine crackers, and the saturated fat equivalent of 44 strips of bacon. Check please.

6. Worst Seafood Dish



Chili's Fajita Quesadillas Beef with Rice and Beans, 4 Flour Tortillas, and Condiments

2,240 calories - 92 g fat (43.5 g saturated) - 6,390 mg sodium - 253 g carbs

Since when has it ever been a smart idea to combine 2 already calorie- and sodium-packed dishes into one monstrous meal? This confounding creation delivers nearly a dozen Krispy Kreme original glazed doughnuts worth of calories, the sodium equivalent of 194 saltine crackers, and the saturated fat equivalent of 44 strips of bacon. Check please.

6. Worst Seafood Dish



Romano's Macaroni Grill Parmesan Crusted Sole

2,190 calories - 141 g fat (58 g saturated) - 2,980 mg sodium - 145 g carbs

Fish is normally a safe bet, but this entrée proves that it's all in the preparation. If you fry said fish in a shell of cheese, be prepared to pay the consequences. Here that means meeting your daily calorie, fat, saturated fat, and sodium intake in one sitting.

7. Worst Chinese Dish



P.F. Chang's Combo Lo Mein

1:14 AM

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7. Worst Chinese Dish



P.F. Chang's Combo Lo Mein

1,968 calories - 96 g fat (12 g saturated) - 5,860 mg sodium

Lo mein is normally looked at as a side dish, a harmless pile of noodles to pad your plate of orange chicken or broccoli beef. This heaping portion (to be fair, Chang's does suggest diners share an order) comes spiked with chicken, shrimp, beef, and pork, not to mention an Exxon Valdez-size slick of oil. The damage? A day's worth of calories, 1 ½ days' worth of fat, and 2 ½ days' worth of sodium. No meat-based dish beats out the strip.

8. Worst Appetizer



On the Border Firecracker Stuffed Jalapenos with Chili con Queso

1,950 calories - 134 g fat (36 g saturated) - 6,540 mg sodium

Appetizers are the most problematic area of most chain-restaurant menus. That's because they're



On the Border Firecracker Stuffed Jalapenos with Chili con Queso

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Appetizers are the most problematic area of most chain-restaurant menus. That's because they're disproportionately reliant on the type of cheesy, greasy ingredients that catch hungry diners' eyes when they're most vulnerable—right when they sit down. Seek out lean protein options like grilled shrimp skewers or ahi tuna when available; if not, simple is best—like chips and salsa.

9. Worst Burger



Chili's Smokehouse Bacon Triple Cheese Big Mouth Burger with Jalapeno Ranch Dressing

1,901 calories - 138 g fat (47 g saturated) - 4,201 mg sodium

Any burger whose name is 21 syllables long is bound to spell trouble for your waistline. This burger packs almost an entire day's worth of calories and 2 ½ days' worth of fat. Chili's burger menu rivals Ruby Tuesday's for the worst in America, so you're better off with one of their reasonable Fajita Pitas to silence your hunger.

10. Worst Sandwich

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10. Worst Sandwich



Quizno's Large Tuna Melt

1,760 calories - 133 g fat (26 g saturated, 1.5 g trans) - 2,120 mg sodium

In almost all other forms, tuna is a nutritional superstar, so how did it end up as the headliner for America's Worst Sandwich? Blame an absurdly heavy hand with the mayo the tuna is mixed with, along with Quiznos' larger-than-life portion sizes. Even though they've managed to trim this melt down from the original 2,000-plus calorie mark when we first tested it, it still sits squarely at the bottom of the sandwich ladder.

11. Worst Salad



On the Border Grande Taco Salad with Taco Beef and Chipotle Honey Mustard

1,700 calories - 124 g fat (37.5 g saturated) - 2,620 mg sodium

The dismal dawn of the 1,700-calorie salad is upon us. With as much saturated fat as 37 strips of bacon and more calories than 11 Taco Bell Fresco Beef Tacos, this abdomen expander earns a well-deserved

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12. Worst Dessert



Romano's Macaroni Grill New York Cheesecake with Caramel Fudge Sauce

1,660 calories - 97 g fat (57 g saturated) - 950 mg sodium - 165 g carbs

Considering the fact that Macaroni Grill's savory menu is already cluttered with one of the country's most potent arrays of calorie, fat, and sodium bombs, its lineup of destructive desserts only adds insult to injury. There's the Dessert Ravioli (1,630 calories), the Lemon Passion (1,360 calories), and the always classic and catastrophic caramel-smothered cheesecake, which, with more calories than 3 Big Macs and as much saturated fat as 57 strips of bacon, is the worst dessert in America. Seek solace in a scoop of sorbetto—one of the country's best sit-down sweets

13. Worst Pancake Breakfast



Bob Evans Stacked & Stuffed Caramel Banana Pecan Hotcakes

1,543 calories - 77 g fat (26 g saturated, 9 g trans) - 2,259 mg sodium - 109 g sugars

This appalling platter is stacked and stuffed with the sugar equivalent of 7 Twinkies, the caloric equivalent of 8 Dunkin' Donuts glazed doughnuts, the sodium equivalent of 6 ½ large order of McDonald's French fries, and 4 ½ times your daily limit of trans fat. It's made numerous lists in our newest book, Eat This, Not That! The Best (and Worst!) Foods in America, including Worst Foods, Most Sugar-Packed Foods, and

1:15 AM

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14. Worst Omelet Breakfast



IHOP's The Big Steak Omelette

1,490 calories

We're not sure what's more concerning: IHOP's never-ending stacks of margarine-slathered sweets or their reckless attempts at covering the savory side of breakfast with entrees like this one. With close to three-quarters of a day's worth of calories folded into its eggy shell (thanks to a heaping portion of fatty beef), you're committing to eating rice cakes for your next 2 meals when you start your morning off with this bomblette. Why not enjoy the substantial Garden Scramble and 2 more real meals instead?

15. Worst "Healthy" Sandwich





Applebee's Chicken Fajita Rollup

1,450 calories

For some curious reason, wraps have come to be viewed as a healthy upgrade from sandwiches, as if those massive tortillas can be filled with nothing but anticalories. But that couldn't be further from the truth. The problem with wraps is that they function as holding tanks for fluids, so hurried fry-cooks can squirt in as much sauce as they want without making it look messy. With Applebee's rollup, the offending sauce is a Mexi-ranch sauce, which looks suspiciously more like ranch than anything eaten in Mexico. But here's the final insult: This "healthy" meal is served with fries. Eat them and you tack on 400 extra calories.

16. Worst Sliders



Ruby Tuesday Bacon Cheddar Minis

1,358 calories - 86 g fat - 75 g carbs

Diminutive dishes are one of the hottest trends in the restaurant world right now (probably since most are looking for ways to stretch a buck), and you'd think that would serve health-conscious eaters well. But not under the reckless watch of the burger barons at Ruby Tuesday, who manage to turn 4 "mini" burgers into the caloric equivalent of 7 Dunkin' Donuts Sugar Donuts.

17. Worst Kids' Meal



1:15 AM



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17. Worst Kids' Meal



Uno Chicago Grill Kids Kombo with French Fries

1,270 calories - 79 g fat (11.5 g saturated) - 2,850 mg sodium

For food marketers, the color of money isn't green—it's beige. Any parent knows that most foods kids clamor for, from fries to white bread to chicken nuggets, come in beige. It's also a marker of cheap, calorie-rich, nutritionally bankrupt foodstuffs. So when you see this monochromatic cluster of cheese sticks, dinosaur-shaped chicken and fried potatoes, you know your kid's in trouble. Make it a rule when eating out: All dishes must come with at least two colors (and ketchup doesn't count).

18. Worst Vegetarian Sub



Blimpie Special Vegetarian Sub (12")

1,186 calories - 60 g fat (19 g saturated) - 3,532 mg sodium - 131 g carbs

"Vegetarian" doesn't automatically translate to "healthy." Sure, this sandwich has vegetables, but it also has 3 different kinds of cheese and a deluge of oil tucked into a hulking 12" roll. No wonder it contains more than half a day's worth of calories and a cascade of carbs. For a truly healthy pile of vegetables, try the garden salad. If a sandwich is the only thing that will do, you'll have to settle for the small VeggieMax, still far from a model of meatless eating.

19. Worst Frozen Meal



Stouffer's White Meat Chicken Pot Pie

1,160 calories - 66 g fat (26 g saturated) - 1,780 mg sodium

The potpie is one of the world's worst dietary inventions to begin with, and the damage is all the more extreme when the pie seems as big as a child's head. Stouffer's tries to get away with it by falling back on the serving-size sleight of hand; that is, to list as 2 servings what every person with a fork will consume as 1. Nobody splits potpies, and eating this whole thing will fill your belly with more saturated fat than you should eat in an entire day.

20. Worst Mall Treat



Cinnabon Regular Caramel Pecanbun

1,110 calories - 56 g fat (10 g saturated, 5 g trans) - 151 g carbs - 47 g sugars

Cinnabon and malls are inseparable. Consider it a symbiotic relationship: Researchers have found that men are turned on by the smell of cinnamon rolls, and further studies have shown that men are more likely to spend money when they're thinking about sex. But just because Cinnabon might be good for Gap doesn't mean it's at all good for you. This dangerously bloated bun contains nearly an entire day's worth of fat and more than half of your daily allotment of calories. (For those keeping score, that's as much as you'll find in 8 White Castle hamburgers.)

21. Worst Breakfast For Your Blood Pressure



Arby's Sausage Gravy Biscuit

1,040 calories - 60 g fat (22 g saturated, 2 g trans) - 4,699 mg sodium

This is absolutely one of the worst ways you could start your day. Make a date with this and you'll have consumed 2 full days' worth of sodium before the noon hour. The key to maintaining a reasonable blood pressure for most folks is to take in at least the equivalent amount of sodium and potassium throughout your day. (A 1:1 ratio is seen as ideal.) The problem with this biscuit is that you're consuming a heart-stopping level of sodium and almost no potassium. Throw in an abundance of calories and trans fat and you may have been better off sleeping in.

22. Worst Adult Beverage





Red Lobster Traditional Lobsterita

890 calories 183 g carbs

Lobsterita means a lobster tank-sized glass filled with booze and high-fructose corn syrup. You'd have to drink 4 regular on-the-rocks margaritas to outdo the massive caloric load. Pair that with a dinner and you might be pushing a full day's calories in one meal. If you want to get drunk, take a shot. If you want to enjoy a cocktail, make sure it doesn't start with a bottle of mix—your body and your taste buds will thank you.

23. Worst Frozen Breakfast



Jimmy Dean Pancake and Sausage Breakfast Bowl

Jimmy Dean Pancake and Sausage Breakfast Bowl

710 calories - 31 g fat (11 g saturated) - 890 mg sodium - 34 g sugars

A disastrous trifecta of refined carbs from the pancakes, saturated fat from the sausage, and added sugar from the syrup. Jimmy's got his name attached to more than a few solid breakfast choices, so find one less than 400 calories immediately and make the switch. Hint: Look to the breakfast sandwiches and the D-Lights line.

24. Worst Frozen Pizza



DiGiorno for One Supreme pizza with Garlic Bread Crust

840 calories 44 g fat (16 g saturated, 3.5 g trans) 1,450 mg sodium

Regardless of the crust you choose, DiGiorno's For One line is dominated by nutritional duds. The bloated crust and the greasy toppings will saddle you with 60 percent of your day's sodium, 80 percent of your day's saturated fat, and nearly twice the amount of trans fat you should take in daily. Hands off!

25. Worst Side Dish For Your Arteries



1:17 AM

Jack in the Box Bacon Cheddar Potato Wedges

760 calories - 52 g fat (16 g saturated, 13 g trans) - 960 mg sodium

It's no surprise this side dish is bursting with fat and calories—it's a plate of fried potatoes topped with bacon and melted cheese. The Jack in the Box menu is so thoroughly swaddled in trans fats that they truly have earned the bottom slot on our list of the trans-fattiest foods in America—not to mention, the title of Trans-Fattiest Restaurant in America. The good news is that not all of Jack's items are filled with the bad stuff—a smarter appetizer or side dish would be the Grilled Chicken Pita Snack.

26. Worst Supermarket Kids' Lunch



Oscar Mayer Maxed Out Turkey & Cheddar Cracker Combo Lunchables

680 calories - 22 g fat (9 g saturated) - 1,440 mg sodium - 61 g sugars

The Maxed Out line is the worst of the lackluster Lunchables, with a back label that reads like a chemistry textbook. By cramming dessert and a superweet drink into the box, Oscar manages to saddle this already-troubled package with more added sugar than your child should take in all day. This meal has the sugar equivalent of 10 Dunkin' Donuts jelly-filled doughnuts!

27. Worst Gas Station Treat



Hostess Chocolate Pudding Pie

520 calories - 24 g fat (14 g saturated, 1.5 g trans) - 45 g sugars

This is the type of snack you pick up at a gas station in a pinch and feel vaguely guilty about, not knowing that you just managed to ingest nearly three-quarters of a day's worth of saturated fat before your tank finishing filling up. And considering these little packages of doom cost a buck or less across the country, the pudding pie qualifies as one of the cheapest sources of empty calories in America.



Sobe Pina Colada Liz Blizz (20 oz bottle)

325 calories - 0 g fat - 78 g sugars

Don't be fooled by the natural motifs that adorn Sobe's bottles. It has more sugar than you'll find in two Snickers bars! We've said it before and we'll say it again: Don't buy products with cartoon animals on the front.

29. Worst Snack For Your Arteries



Pop Secret Kettle Corn (1/3 bag)

180 calories - 13 g fat (2.5 g saturated, 5 g trans) - 150 mg sodium

The only "secret" here is that the company has no qualms about trans fat. Eat an entire bag of this kettle corn, and you'll consume 15 grams of the artery-clogging junk—that's more than 7 times your



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30. Worst Canned Fruit



Del Monte Peach Chunks Yellow Cling Peaches in Heavy Syrup

100 calories - 23 g sugars

Del Monte Peach Chunks Yellow Cling Peaches in Heavy Syrup

100 calories - 23 g sugars

Peaches themselves aren't bona fide junk food; they are, after all, still fruit. But why manufacturers feel the need to can, packaged, and bottle nature's candy with excess sugar is a question we will never stop asking. In this case, the viscous sugar solution clings to the fruit like syrup to a pancake, soaking every bite with utterly unnecessary calories. Looking for cheap sources of fruit to have on hand at any time? Opt for the frozen stuff—it's picked at the height of season and flash frozen on the spot, keeping costs low and nutrients high.

Source: www.eatthis.menshealth.com/slideshow...

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The 20 worst kids' foods in America



rubytuesday.com

Here's a pop quiz:

If you have young children at home, which of the following is likely to eat up the larger percentage of your household income?

A. Books and other educational materials
B. DVDs, CDs, music downloads, and trips to the movies
C. Video games
D. Fast food

You're probably not surprised to discover that the right answer is D. But you might be surprised to discover that, if you're a parent, you will most likely spend more on fast food this year than on A, B, and C combined.

Restaurants are no more kind to our children's health and well-being than they are to our own: The typical burger, soda, and fries that you and I ate as kids contains an average of 214 more calories today than that same meal did in the 1970s — enough to add at least 3 pounds of weight a year to your child's body, even if he or she ate that fast-food meal just once a week.

Indeed, some of the nutritional stats in the foods restaurants are selling as "kids' meals" are terrifying. A grilled cheese with as much fat as 25 strips of bacon? A child-size dessert with more than half a day's worth of calories? And the supermarket aisles offer little salvation.

As a result, childhood obesity rates in America have tripled since 1980 — today, 16 percent of children between the ages of 6 and 19 are overweight or obese. An additional 15 percent of kids are "at risk of becoming overweight or obese."

Worst sweetened cereal



Worst sweetened cereal



pepsico.com

20. Cap'n Crunch (1 cup)
146 calories
2 g fat (1 g saturated)
16 g sugars
1 g fiber

The Cap'n's cereal is the archetypal hypersweetened breakfast. It didn't make our list by its abundance of fat or calories; it made the list by being among the dominant sources of empty calories in a child's diet. Aside from the small amount of added vitamins, which are mandated by the government, this cereal is a food scientist's concoction of worthless foodlike particles and chemicals. Corn flour makes up the bulk of each crunch, and sugar, brown sugar, and coconut oil hold it together. This cereal is also coated with loads of the food colorings yellow 6 and 5, which have been linked to irritability and poor behavior in children.

Eat this instead!
Cascadian Farm Clifford Crunch (1 cup)
100 calories
1 g fat (0 g saturated)
25 g carbohydrates
6 g sugars

Tip: Avoid the worst breakfast foods in America!

Worst packaged snack

19. Austin Cheese Crackers with Cheddar Jack Cheese (1 package)
210 calories
10 g fat (2 g saturated, 4 g trans)
370 mg sodium

The calorie count is the least of your concerns with these ubiquitous orange cracker snacks. They made the list because each package contains 2 days' worth of trans fats. Most of the food industry has figured out how to make foods free of these nasty lipids (which have been proven to raise bad cholesterol); we suggest Austin do the same.

Eat this instead!
Laughing Cow Mini Babybel
70 calories
6 g fat (4 g saturated)
170 mg sodium

Tip: Beware of America's worst "healthy" snacks.

Worst packaged snack

19. Austin Cheese Crackers with Cheddar Jack Cheese (1 package)
210 calories
10 g fat (2 g saturated, 4 g trans)
370 mg sodium

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Eat this instead!
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6 g fat (4 g saturated)
170 mg sodium

Tip: Beware of America's worst "healthy" snacks.

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Worst beverage



sunnyd.com

18. SunnyD Smooth Style (16 ounces)
260 calories
60 g sugars

Remember those commercials where the kid with SunnyD in the fridge always had the coolest mom? What they didn't tell you was that Mom's love of the orange stuff was quietly undermining her kid's well-being. Don't mistake SunnyD for OJ; there's just 5 percent real juice in this bottle, which means the other 95 percent is well-marketed sugar water. Do you really want your child slurping down the sugar equivalent of a dozen Chips Ahoy cookies?

Drink this instead!
Capri Sun Tropical Fruit Roarin' Water (6.8 ounces)
35 calories
0 g fat
9 g sugars

Tip: Avoid the 20 worst drinks in America.

Worst side

17. Bob Evans Smiley Face Potatoes
524 calories
31 g fat (6 g saturated)
646 mg sodium

Apparently it's a bad idea to stick an American classic on French bread. How else could we explain a 550-calorie peanut butter and jelly sandwich? Toss some chips onto that plate and you've got a meal that can quickly make a small child big. Make this meal at home instead and you not only save a ton of money, but you can also cut the caloric load by half.

Eat this instead!
Kids Cheese Pizza
300 calories
7 g fat (3.5 g saturated)
660 mg sodium

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Worst mall snack



auntieannes.com

15. Auntie Anne's Pepperoni Pretzel Pocket
650 calories
27 g fat (12 g saturated)
1,120 mg sodium
11 g sugars

Oversize pretzels are already precarious, because they pack a ton of empty carbohydrates. So stuffing a pretzel with sausage is wrapping barbed wire around a fire ax. It will take more than a day of walking around the mall for your kid to burn off all the fat in this greasy fat sponge. (Better warm up that credit card!)

Eat this instead!
Pretzel Dog
360 calories
20 g fat (9 g saturated)
740 mg sodium

Worst sandwich

14. Au Bon Pain Kids' Grilled Cheese
670 calories
41 g fat (25 g saturated)
1,060 mg sodium

You wouldn't even consider feeding your child this if they called it by its real name: an oil sandwich with cheese. So soaked is this sandwich that you'd need to eat 25 strips of cooked bacon to equal the amount of saturated fat found between the two slices. Wait until you get home — in about 5 minutes you can make a pretty mean 300-calorie grilled cheese sandwich.

Eat this instead!
Kids' Macaroni and Cheese
250 calories
14 g fat (9 g saturated)
690 mg sodium

Tip: Watch out for the worst sandwiches in America.

Worst packaged lunch

350 calories
9 g fat (3.5 g saturated, 0 g trans)
480 mg sodiumHillshire Farm Deli Wrap Smokehouse Ham & Swiss Wrap Kit
260 calories
11 g fat (4 g saturated)
960 mg sodium

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Worst dessert



uno.com

12. Uno Chicago Grill Kid's Sundae
860 calories
38 g fat (20 g saturated)
94 g sugars

Consider the repercussions of slapping three Baby Ruth bars' worth of fat and sugar onto the end of your child's meal. Weighing in at an astounding 3/4 pound, this abominable sundae is twice as big as the Kid's Pasta, and twice as caloric as a child's entire meal should be.

Eat this instead!
Kid's Slush
70 calories
0 g fat
17 g sugars

Tip: Go ahead, indulge in the 15 healthiest desserts in America.

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The 30 Worst Foods in America

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It doesn't matter how religiously you diet. It doesn't matter how intensely you exercise. And even if you try to make the smartest choices, pick the healthiest foods, and watch what you eat at every meal, all it takes to sabotage your weight loss goals is one simple mistake. That's why we're here to help you – a little bit of awareness can make those mistakes never happen.

Today's food marketers have loaded many of their offerings with so much fat, sugar, and sodium that any single food in this slideshow can destroy all your hard work and best intentions. Welcome any one of these nutritional neutron bombs into your diet just once a month, and you could add nearly 7 pounds of flab to your frame in the coming year. Luckily, Eat This Not That has rounded up equally delicious alternatives at much lower caloric costs. Make these monster swaps each time you eat out, and you could lose 10, 20, or even 30 pounds in a year!

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America's obesity and diabetes epidemic: Junk food kills

Wednesday, March 07, 2012 by: Ronnie Cummins
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(NaturalNews) The U.S. industrial food and farming system, dominated by fast food restaurants and processed, chemical-laden food, has precipitated a public health crisis. Although nutritionists recommend that consumers avoid eating unhealthy junk foods, every day 75 million Americans "supersize" themselves and damage their health by eating at McDonald's or other fast food restaurants. Forty percent of American meals are now purchased and consumed outside the home, typically consisting of high-calorie, low-nutrition items such as soft drinks, French fries, and low-grade meat, laced with fat, cheap sweeteners, pesticide residues, chemical additives, and salt. We have become a Fast Food Nation of bulging waistlines and high blood pressure.

Recent studies link pesticide residues and chemical additives like MSG in processed foods and restaurant fare to hormone disruption and obesity. No wonder 60% percent of Americans are either overweight or obese. One in every three children born since the year 2000 will develop diabetes in their lifetime. Diet-related obesity, diabetes, and heart disease are now the nation's number one public health problem, generating an estimated $150 billion in health care costs every year. Millions of youth and adults have literally become addicted to the chemically enhanced junk food served in fast food restaurants, school lunchrooms, and institutional cafeterias. In 1972, U.S. consumers spent three billion dollars a year on fast food - today we spend more than $110 billion.

The junk food industry, now under attack by public health advocates and parents, finds itself in a similar position to where the tobacco industry was in the 1990s. After decades of lies and industry propaganda, the truth is finally coming out: junk food kills.

Indeed, despite individual efforts by some states to tax soda pop, require healthier school lunches, or mandate calorie information in chain restaurants, obesity rates in the United States are growing. It is time for the federal government to stop subsiding, with billions of dollars of public tax money, the factory-farmed crops and animal products (corn, soybeans, cotton, dairy, and meat) that create the artificially low prices that prop up the nation's junk food industry.

We need to subsidize healthy organic food, not junk food, and promote sustainable food and farming practices, instead of subsidizing factory farms and chemical-intensive farming and food processing. We need to provide physical education, cooking, nutrition and gardening classes in our schools, and ban or restrict the advertising of junk foods in the mass media. We need to teach children and adults alike to eat less meat and fatty foods and instead to increase their consumption of fresh fruits, vegetables, whole grains, and home-cooked meals.

It is time to put a Surgeon General's warning on junk foods. It's time to come to grips with the fact that we have allowed the junk food industry and the mass media to brainwash our youth and turn them into fast food addicts.

Studies have shown that school organic gardens, salad bars, and healthy lunches improve the health and academic performance of young people. Healthy eating habits and gardening skills nurtured and developed at an early age most often have a lifetime impact.

So yes, let's slap a heavy tax on junk food served at fast food restaurants and in school cafeterias. A 100% tax on junk food and beverages would help pay for the collateral damages of this industry: the 150 billion dollars in diet-related disease and health care costs now incurred by the public and taxpayers for obesity and diabetes.

But of course we shouldn't hold our breath for Washington's indentured politicians, who receive millions of dollars in campaign donations from Big Food Inc., to take action. We're going to have to organize at the grassroots and local level and fight for public health, every step of the way, just like we've done with the tobacco industry.

Editor's note: Although I agree with the majority ofRonnie's article, I'm not sure that government taxes

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Chipotle becomes first US restaurant chain to voluntarily label GMOs

Thursday, June 13, 2013 by: Jonathan Benson, staff writer
Tags: Chipotle, GMO labeling, Whole Foods



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(NaturalNews) The recent decision by Whole Foods Market to label all genetically-modified organisms (GMOs) sold in its stores by the long-off date of 2018 looks silly and almost meaningless compared to the right-now policy of fresh food chain Chipotle, which is officially the first and only major U.S. food supplier to voluntarily label GMOs. On its "Ingredients Statement" website, Chipotle clearly outlines which of its food products contain GMOs, and also states that it is working aggressively to source completely non-GMO ingredients for all of its products as it moves forward.

Chipotle has always marketed itself as a healthy alternative to fast food, having taken steps from the beginning to eliminate things like dairy products produced using the artificial growth hormone rBST, for instance, and replacing them with pasture-raised dairy products. Chipotle has also played a key role in propelling forward the local agriculture movement by sourcing as many locally-grown and organic ingredients as possible, and eliminating artificial additives and other toxins commonly used in fast food.

But now Chipotle has set the bar even higher, and by choice, delineating each and every ingredient used in its meats, beans, rice, and dressings, and clarifying which ones contain GMOs. The primary GMO offender, as you will notice on Chipotle's "Ingredients Statement" page, is soybean oil, which is reluctantly used in several of the chain's meat and rice products. In fact, this commercial frying and cooking oil appears to be one of the only, if not *the* only, GMO ingredient still used by Chipotle.

"Our goal is to eliminate GMOs from Chipotle's ingredients, and we're working hard to meet this challenge," explains the page. "For example, we recently switched our fryers from soybean oil to sunflower oil. Soybean oil is almost always made from genetically modified soybeans, while there is no commercially available GMO sunflower oil. Where our food contains currently unavoidable GM ingredients, it is only in the form of corn or soy."

You can view the Chipotle "Ingredients Statement" page at the following link. Note that all items containing a "G" in the pink box contain GMOs:
http://www.chipotle.com

Whole Foods' track record on GMOs an embarrassment to the health freedom movement

While much of what Chipotle sells still admittedly contains GMOs in the form of corn and soybean oil, the company's willingness to be forthcoming with its customers and the public about this fact is highly commendable. And it is a lot more than we can say for Whole Foods Market, which is still not being completely honest with its customers. The fact that Chipotle is *already* voluntarily labeling GMOs, and clearly indicating its intent to continue phasing them out *right now*, shows that Whole Foods' 2018 labeling deadline is more of a political move to save face than a practical move to actually get the job done.

Other health food retailers like Trader Joe's have *already* phased GMOs out of their private label brands (http://www.traderjoes.com/about/customer-updates-responses.asp?i=4), while health food stores like Natural Grocers source only organic produce and require that their packaged food suppliers fully disclose the source of any potential GMO ingredients. Natural Grocers even states directly on its website that, as a company, it does not consider GMOs to be at all safe for human consumption (http://www.naturalgrocers.com).

But Whole Foods, despite being a prominent leader in health food industry, has long taken the most

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Turmeric protects against alcohol-induced brain damage

Wednesday, June 12, 2013 by: PF Louis
Tags: alcoholism, turmeric, brain damage



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Video: 10-Cent 'Tummy Tuck' Trims Masses of Belly Fat Without Surgery

Have you seen the incredible video that explains one doctor's solution for melting away big slabs of belly fat? Apparently even overweight couch potatoes lost 26 square centimeters of belly fat—without surgery or frightening drugs or even changing their eating habits one bit! If you haven't seen it yet, here's your chance.

(NaturalNews) It's very likely there is no other more single internationally researched herb than turmeric's curcumin. Curcumin is the active ingredient of the food spice turmeric, which has been commonly used mostly in curries throughout Asia for centuries.

A recent study in India seems to have given a remedy for brain damage from chronic heavy alcohol consumers. Not that it should be an alcoholic's cover, but perhaps curcumin from turmeric would provide a recovery from brain damage after a period of heavy alcohol consumption.

Whatever way it's used, this study serves as yet another indication of this simple, inexpensive herbal spice to provide potent anti-inflammatory cellular protection in any area of the body.

The India study

The study, "Protective effect of curcumin against chronic alcohol-induced cognitive deficits and neuroinflammation in the adult rat brain," was conducted in India at *Panjab University Institute of Pharmaceutical Sciences* and completed April 2013. (1)

Basically they got a bunch of rats drunk, observed their dysfunctional behaviors under nearly tortuous testing conditions and measured various aspects of their neurological biochemistry. Then they gave them curcumin, turmeric's active ingredient and observed the difference.

Animal rights activists usually focus on rescuing dogs and rabbits from laboratory dungeons of scientific experimentation. But the overall societal attitude toward rats and mice as despicable disease-carrying food storage-invaders has exempted them from much humanitarian concern.

Lab rats and mice have been bred specifically for laboratory research for well over 100 years because their biological reactions to chemicals are similar to humans, they create new generations quickly and often with genetic consistency, and they are easy to handle while taking up little space. (2)

After 10 weeks of ethanol dosing, 10 weeks of curcumin treatments resolved all the biochemical, behavioral, and molecular alterations that were produced by chronic ethanol intake. (3)

It seems that there would have been a sufficient number of human boozers to volunteer for this trial, but that probably would have been more expensive and difficult. They probably would have refused to stop drinking long enough for the curcumin to show results.

Other reasons than drinking yourself silly to use turmeric/curcumin

Turmeric/curcumin intake's anti-cancer quality has more than once surprisingly impressed researchers at a bastion of mainstream cancer, *M.D. Anderson Cancer Center* in Houston, Texas. (4)

In 2008, endocrinology researchers at *Columbia University's Naomi Berrie Diabetes Center* determined that curcumin reverses many of the inflammatory and metabolic problems in mouse models of type 2 diabetes. Mice exploited again. (5)

There have been many scientific investigations showing how curcumin is effective at relieving rheumatoid arthritis and other inflammatory conditions, with humans even! Retired neurosurgeon Dr. Russell Blaylock lists curcumin as one of the items to use for preventing neurological damage from a vaccination.

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A critical look at three popular alternate cancer cures: Oxygen, high pH and baking soda/molasses

Wednesday, June 12, 2013 by: Tony Isaacs
Tags: alternative cancer cures, oxygen therapy, alkaline cure



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(NaturalNews) The internet abounds with advice about three popular alternate cancer cures: Oxygen, highly alkaline pH and the combination of baking soda and molasses. Though all three may help combat cancer, each is based on misconceptions.



The oxygen cancer cure

The oxygen cancer cure maintains that cancer cannot survive in the presence of high concentrations of oxygen. That belief dates back to the work of Nobel Laureate Otto Warburg in the 1920s. Though one frequently finds claims that "Warburg proved that cancer cannot survive in the presence of oxygen", that is not what Warburg actually found.

Warburg found that cancer thrived in a low oxygen environment and THAT led him to postulate that cancer might die off if exposed to higher levels of oxygen. However, as natural health authority Dr. Andrew Weil explains, "Dr. Warburg was wrong. Oxygen doesn't slow cancer growth - tumors grow rapidly in tissues well supplied with oxygenated blood."

Cancer cells do not form as a direct result of low oxygen. Cancer cells are formed as part of a body defense mechanism which results from prolonged cellular stress. As part of the process, cancer cells revert to a primitive form of respiration which uses glucose instead of oxygen.

Even though increased oxygen may not kill cancer cells, low oxygen levels can help create an unhealthy cellular terrain which is more susceptible to cancer. Healthy oxygenated blood is vital for a healthy body and immune system which can better battle cancer.

The alkaline cure

Another popular alternative cancer cure maintains that cancer can be cured if a person can elevate their body pH to 8.0 or above for four days. The "alkaline cancer cure" also maintains that cancer will not grow if the body's pH is maintained between 7.0 and 7.5.

In fact, cancer frequently gains a foothold and grows when pH is in or near the normal blood pH levels of 7.35 to 7.45. Typically, body pH drops to around 7.0 in the early stages of cancer and the pH continues to decline as the cancer progresses. Cancer cells convert glucose to lactic acid, which lowers pH. The more cancer cells, the more lactic acid and the lower the pH.

Without a doubt, a healthy alkaline diet can help defeat cancer since it provides important cancer-fighting and immune-boosting compounds as well as helps the body eliminate toxins. As the alkaline diet helps kill off cancer cells, the pH is naturally raised due to the alkalinity of the diet as well as lower production of lactic acid by fewer cancer cells.

The baking soda and molasses cure

Though there are reports of people beating cancer with a combination of baking soda and molasses (or maple syrup), the question is why is molasses or maple syrup needed? The answer usually given is that sugar-loving cancer cells are tricked into taking in the baking soda when they gobble up the molasses or maple syrup.

However, it is impossible to keep a combination of baking soda and molasses/maple syrup intact once it enters the digestive system. Even if the digestive system somehow failed to break the combination down, such a combination would be far too large to enter the bloodstream.

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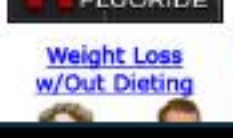
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Sanity prevails: US Supreme Court rules that human genes are not eligible for patent protection



Thursday, June 13, 2013
by Mike Adams, the Health Ranger
Editor of NaturalNews.com (See all articles...)
Tags: Supreme Court, gene patents, Myriad Genetics



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(NaturalNews) In a unanimous ruling, the United States Supreme Court ruled today that human genes cannot be patented. The ruling invalidates the thousands of patents that have already been granted on human genes, including the patent by Myriad Genetics on the BRCA breast cancer genes which the company says no one else can research or even *detect* without paying it a royalty. Click here to read the complete ruling.

"Myriad did not create anything," said Justice Clarence Thomas. "To be sure, it found an important and useful gene, but separating that gene from its surrounding genetic material is not an act of invention."

Well, exactly. This point should have been obvious to the lower courts, too, but in today's world of corporate domination over seemingly everything, gene industry lawyers were able to argue that patent protection would somehow inspire more innovation and research. "The biotechnology industry had warned that an expansive ruling against Myriad could threaten billions of dollars of investment," wrote Reuters.

But exactly the opposite is true. Gene patents restricted research and created medical monopolies that raised prices for consumers. Even USA Today seemingly gets this point, saying, "The decision represents a victory for cancer patients, researchers and geneticists who claimed that a single company's patent raised costs, restricted research and sometimes forced women to have breasts or ovaries removed without sufficient facts or second opinions."

The ACLU, which argued the case before the Court, said, "By invalidating these patents, the Court lifted a major barrier to progress in further understanding how we can better treat and prevent diseases."

Corporate efforts to influence the Supreme Court ultimately failed

Had the Supreme Court upheld the patentability of human genes, it would have unleashed a horrifying new era of corporations and universities rushing to claim monopoly patent protection on every gene in the human genome. Virtually no one in the media covered this angle other than Natural News. We warned readers that everything found in nature could then be patented: blades of grass, insects, human ears, eye colors, hair colors... anything encoded with DNA.

We also pointed out that Angelina Jolie's carefully orchestrated announcement of a double mastectomy following BRCA gene testing seemed timed to be part of a public relations campaign engineered by the biotech industry to influence the Supreme Court decision. We also challenged Jolie to publicly denounce patents on human genes, which she never did.

It's clear that powerful forces were at work behind the scenes to try to influence this Supreme Court decision, but they failed. Ultimately, the court discovered a moment of unanimous sanity... something we see so rarely that perhaps it deserves patent protection, too.

Huge loss for the biotech and pharmaceutical industries

It's important to note that this decision is a huge loss for the biotech and pharmaceutical industries, both of which relentlessly seek total domination over all forms of life on the planet through monopoly patent protection. The biotech industry, of course, would love to patent all seeds and food crops -- even ones it hasn't genetically engineered. And the pharmaceutical industry would love to patent every human gene, thereby claiming literal ownership over every human being born into the world.

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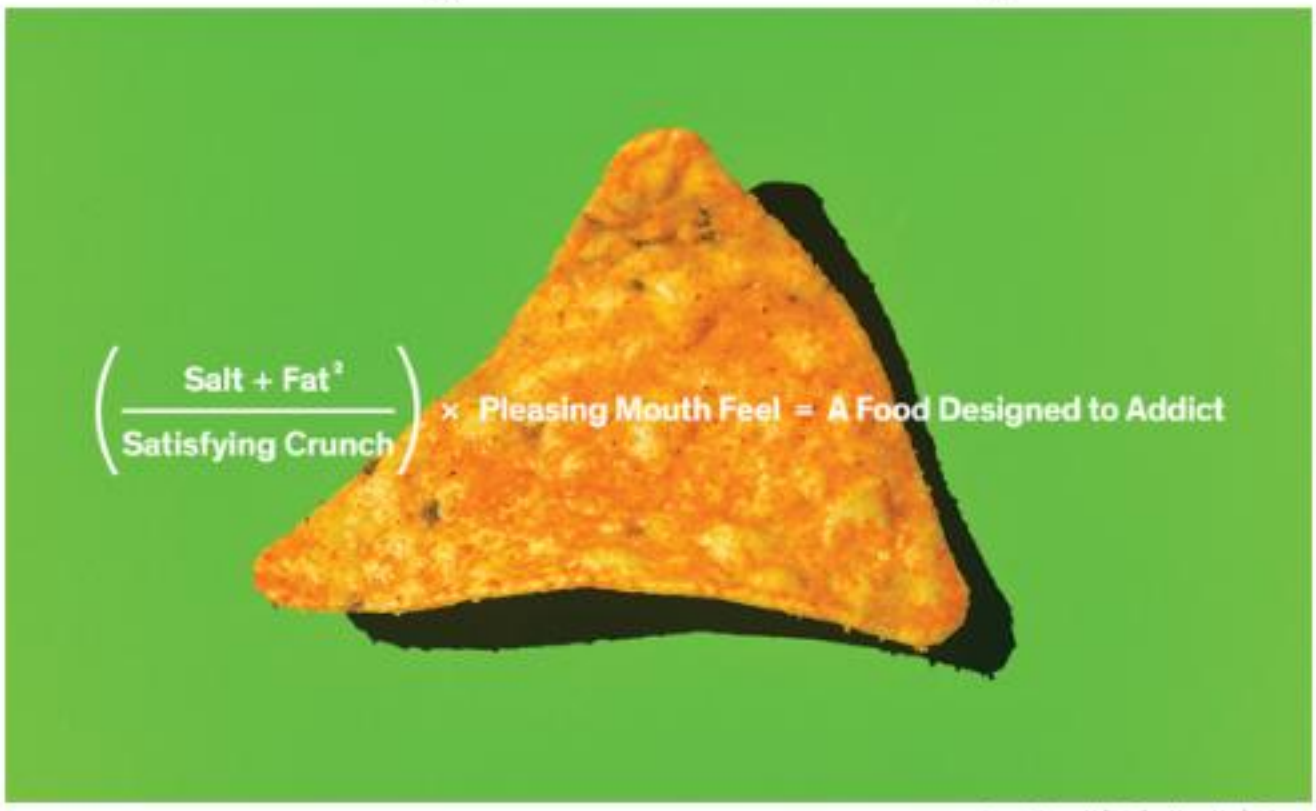






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The Extraordinary Science of Addictive Junk Food



Grant Cornett for The New York Times

By MICHAEL MOSS
Published: February 20, 2013

On the evening of April 8, 1999, a long line of Town Cars and taxis pulled up to the Minneapolis headquarters of Pillsbury and discharged 11 men who controlled America's largest food companies. Nestlé was in attendance, as were Kraft and Nabisco, General Mills and Procter & Gamble, Coca-Cola and Mars. Rivals any other day, the C.E.O.'s and company presidents had come together for a rare, private meeting. On the agenda was one item: the emerging obesity epidemic and how to deal with it. While the atmosphere was cordial, the men assembled were hardly friends. Their stature was defined by their skill in fighting one another for what they called "stomach share" — the amount of digestive space that any one company's brand can grab from the competition.



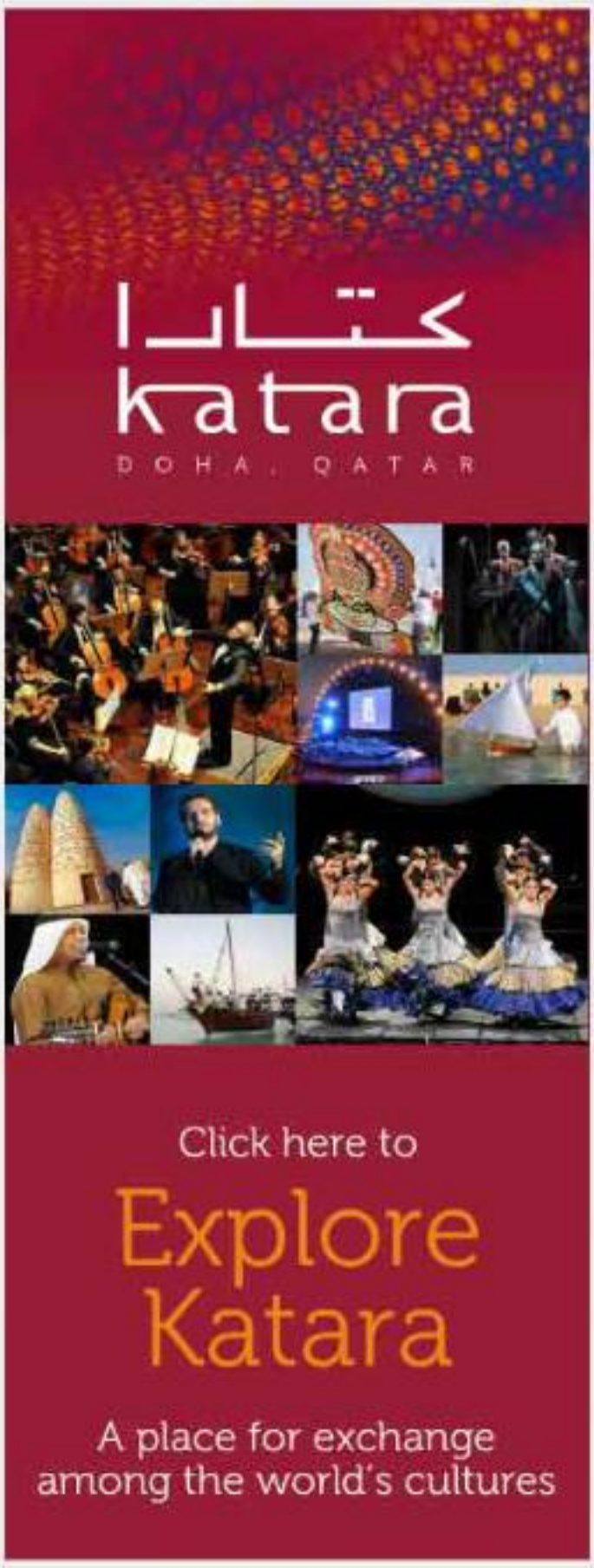
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James Behnke, a 55-year-old executive at Pillsbury, greeted the men as they arrived. He was anxious but also hopeful about the plan that he and a few other food-company executives had devised to engage the C.E.O.'s on America's growing weight problem. "We were very concerned, and rightfully so, that obesity was becoming a major issue," Behnke recalled. "People were starting to talk about sugar taxes, and there was a lot of pressure on food companies." Getting the company chiefs in the same room to talk about anything, much less a sensitive issue like this, was a tricky business, so Behnke and his fellow organizers had scripted the meeting carefully, honing the message to its barest essentials. "C.E.O.'s in the food industry are typically not technical guys, and they're uncomfortable going to meetings where technical people talk in technical terms about technical things," Behnke said. "They don't want to be embarrassed. They don't want to make commitments. They want to maintain their aloofness and autonomy."

A chemist by training with a doctoral degree in food science, Behnke became Pillsbury's chief technical



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How American Food Got So Bad: A New *Marketplace* Podcast

Published on December 14th, 2011

Written by: Suzie Lechtenberg

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(Hemera)

In our latest Freakonomics Radio on *Marketplace* podcast, **Stephen Dubner** and **Kai Ryssdal** talk about the unexpected reasons why American food got so bad. (Download/subscribe at iTunes, get the RSS feed, listen live via the media player above, or read the transcript.)

In his forthcoming book *An Economist Gets Lunch: New Rules for Everyday Foodies*, economist **Tyler Cowen** pinpoints specific moments in history that affected American food for decades to come. From Prohibition to stringent immigration quotas to World War II, Cowen argues that large societal forces threw us into a food rut that lasted for roughly 70 years:

> **COWEN:** I think there is a very bad period for American food. It runs something like 1910 through maybe the 1980's. And that's the age of the frozen TV dinner, of the sugar donut, of fast food, of the chain, and really a lot of it is not very good. If you go back to the 19th century and you read Europeans who've come to the United States, they're really quite impressed by the freshness and variety that is on offer.

Cowen has put a lot of thought into how our food makes it to our plates, and his own meals are carefully considered, for sure; but don't call him a food snob:

> **COWEN:** Let me just give you a few traits of food snobs that I would differ from. First, they tend to see commercialization as the villain. I tend to see commercialization as the savior. Second, they tend to construct a kind of good versus bad narrative where the bad guys are agribusiness, or corporations, or something like chains, or fast food, or microwaves. And I tend to see those institutions as flexible, as institutions that can respond, and as the institutions that actually fix the problem and make things better. So those would be two ways in which I'm not-only not a food

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Obama's Genetically Modified food bill is bad for America's health



Photo: GMO foods

Thursday, March 28, 2013 - Alternative Health with Dr. Lind by Peter Lind

WASHINGTON, DC, March 28, 2013 - President Barack Obama signed a spending bill, HR 933, into law, the "Monsanto Protection Act," that strips federal courts of the authority to immediately halt the planting and sale of genetically modified (GMO) seed crop regardless of any consumer health concerns.

"The provision would strip federal courts of the authority to halt the sale and planting of an illegal, potentially hazardous GE crop while the US Department of Agriculture (USDA) assesses those potential hazards," **explains a letter to the House that has been signed by dozens of food businesses and retailers, as well as interest groups and agencies representing family farmers.** *"Further, it would compel USDA to allow continued planting of that same crop upon request, even if in the course of its assessment the Department finds that it poses previously unrecognized risks."*

Why does Monsanto and other GMO companies need this protection? The corolary question is has there ever been a safe, healthy, non-complicated genetically modified organism?

Genetical engineering is the process of putting genetic material from one species into another in a form that does not exist in nature. In every case of genetic engineered organsims, the product has been less naturally healthy overall than the original host organsims. There may be a single trait that is superior, but the overall health of the organism is less than found in nature. From animals like the sheep Dolly, to the Flavr Savr tomato, to the products you are eating today and don't even know it, there are inherent problems consuming altered DNA.

In 1994, Dr Joseph Cummins, Emeritus Professor of Genetics at the University of West-Ontario warned that the inclusion in Flavr Savr tomatoes of a genetic sequence from the Cauliflower Mosaic Virus could create virulent new viruses. In October 1991, Dr Edwin Mathews from the Department of Health and Human Services and of the FDA's Toxicology Group wrote to the FDA Biotechnology Working Group saying: "Genetically modified plants could also contain unexpected high concentrations of plant toxicants".

Modified proteins, new proteins never before eaten by humanity, exist in GE foods. In 1992, Dr. Louis J. Pribyl of the FDA's Microbiology Group warned that there is "a profound difference between the types of expected effects from traditional breeding and genetic engineering."

There are many explanations of why genetic engineering becomes faulty, but for starters here are two:

- DNA does not always fully break down in the alimentary tract. Gut bacteria can take up genes and GM plasmids, opening the possibility of the spread of antibiotic resistance.
- Insertion of genes into the genome can also result in unintended effects. Some of the ways the inserted genes express themselves in the host or the way they affect the functioning of the crop's own genes are unpredictable. This may lead to the development of unknown toxic/allergenic components.

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More Americans clean their plates of 'bad' food

Posted 12/12/2006 11:56 PM ET

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By Bruce Horovitz, USA TODAY

The nation has a serious case of food phobia.

Many folks — particularly health officials in New York City — are fretting over trans fats.

Others are sweating over the E. coli bacteria outbreak linked to Taco Bell that has sickened dozens of people in five states.

Some calorie-challenged folks are cutting back on Cheesecake-Factory-sized portions.

Then there's that urge to buy all things organic and whole grain, even as sugar and salt get the ax.

Faster than you can say, "Hold the mayo," food has become America's great obsession. Folks want to think the food they eat is doing good things for their bodies, whether or not it is. While changing eating habits is hard, many Americans are doing it.

Don't think the foodmakers and sellers don't know this. It's changing the way restaurants operate, with even Denny's announcing plans this week to nix trans fats. It's changing the way foodmakers produce and market foods. It's changing the way the biggest grocers operate, with Wal-Mart becoming an organic kingpin. And it's changing the way consumers purchase, cook and eat.

Driving much of this: fear.

"People are looking for safe havens in what looks like an unsettled world," says Barry Glassner, author of *The Gospel of Food*, a book about food and culture due out next month. "One safe haven we can create for ourselves is at the dinner table."

Following years of fixation over 9/11, says Joyce Brothers, the syndicated psychologist, Americans have found a new fixation: food.

"We've transferred our fears over terrorist acts to fears about food," says Brothers.

Americans are focusing on food as a symbol of what's good or bad about society — and what's good and bad about us as individuals, says Glassner. It's no coincidence, he points out, that the person who downs a whole carton of Ben & Jerry's ice cream might summarize that as: "I've been bad."

Many consumers are viewing food through a different prism.

Some 64% of people say they are paying more attention to food warnings and nutritional recommendations than they did five years ago, according to a national USA TODAY/Gallup Poll of 1,009 adults responding to a Dec. 8-10 phone survey.

Paying "a lot" or "a fair amount" of attention to food warnings and nutritional guidance are 71% of respondents — up from 55% in 2002.

Dan Bagan, group publisher at *Supermarket News*, is among them. Not because of his job, but because of his family's personal loss.

In August, his wife, Lucia, died of breast cancer. Her battle began four years ago, after their daughter, Daniela, was born. That's when Lucia was diagnosed. Their son, Luciano, was 3 at

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American foods get a bad rap?

Posted by: **Ithappenstobeme** on Jun 13, 12 at 6:52am
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I hear very many Europeans say American food is horrible. I can understand this when you look at disgusting foods like microwavable pork rinds and Hershey's chocolate. However, some people also complain about enjoyable foods. For example, maple syru Could I point out that very few Americans have had REAL-from-the -tree maple syrup? The real stuff is heavenly. Mrs. Butterworths and Aunt Jemima have nothing on that s My question is, are there any foods that we have over here that are enjoyable? And if t aren't any, what are the most infamous US foods?

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janisj on Jun 13, 12 at 6:58am

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This almost sounds like you are researching something.

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socaltraveler on Jun 13, 12 at 7:13am

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And no, I don't recall "very many" Europeans saying this.

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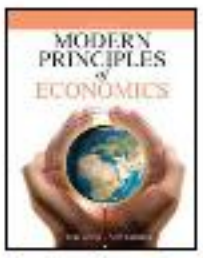
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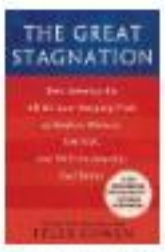
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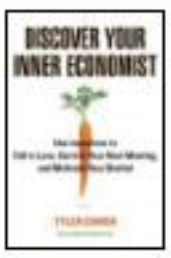
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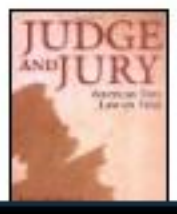
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How American food got so bad

by Tyler Cowen on December 14, 2011 at 1:07 pm in Books, Food and Drink | Permalink

Here is a podcast with me, interviewed by Stephen Dubner. Excerpt:

> I think there is a very bad period for American food. It runs something like 1910 through maybe the 1980's. And that's the age of the frozen TV dinner, of the sugar donut, of fast food, of the chain, and really a lot of it is not very good. If you go back to the 19th century and you read Europeans who've come to the United States, they're really quite impressed by the freshness and variety that is on offer.

I attempt to explain how this came about, in the podcast and in one chapter of my forthcoming book An Economist Gets Lunch: New Rules for Everyday Foodies. Believe it or not, a lot of the blame can be placed on government, including Prohibition and immigration restrictions. The book is due out in April, in both physical and e-copies, and it's the longest and most comprehensive book I've written (yet without the price being high).

By the way, am I a food snob? I told Dubner:

> Let me just give you a few traits of food snobs that I would differ from. First, they tend to see commercialization as the villain. I tend to see commercialization as the savior. Second, they tend to construct a kind of good versus bad narrative where the bad guys are agribusiness, or corporations, or something like chains, or fast food, or microwaves. And I tend to see those institutions as flexible, as institutions that can respond, and as the institutions that actually fix the problem and make things better. So those would be two ways in which I'm not-only not a food snob, but I'm really on the other side of the debate.

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rkw December 14, 2011 at 1:27 pm

The only way to make me less likely to read a long book is to also make it expensive.

> **Sunset Shazz** December 14, 2011 at 7:17 pm
> "The only way to make me less likely to read a long book is to also make it expensive."
>
> 1) Revealed preference. 2) Price theory / elasticity. 3) Opportunity Cost. 4) Mood affiliation?

joshua December 14, 2011 at 1:28 pm

It's hard to find people who are concerned about the negative effects of corporate food without simultaneously denouncing corporate food as proof of the evils of capitalism. This sounds like something I would enjoy.

P.S. Your last book started out as just an e-book.. it appears that this one may be starting in both formats? If so, I can't decide if that's stagnation, progress, or moving backwards!

> **quuerial** December 14, 2011 at 2:06 pm
> Joshua, I'm a liberal who does not like corporate food in part because it's anti-capitalistic. In their pursuit of unfair patents, and agricultural subsidies, they

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1 dead, dozens hurt in explosion at Louisiana chemical plant

June 13, 2013



Updated at 2:49 p.m. ET[/i]

GEISMAR, La. An explosion touched off a fire at a petrochemical plant about 20 miles south of Baton Rouge, resulting in over 73 injuries and one death, CBS affiliate WAFB-TV reports.

Early tests did not indicate dangerous levels of any chemicals around the plant in Geismar, but area residents were told to remain indoors with doors and windows closed, said Jean Kelly, spokeswoman for the state Department of Environmental Quality.

She said helicopters took three or four people Thursday from the plant owned by The Williams Companies Inc.

Eight victims were taken to Baton

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What M.
-so-good-thoughts-on-americas-most-obese-region

What Makes Bad Food So Good? Thoughts On America's Most Obese Region

by Claire O'Neill

May 19, 201110:28 AM

A Collaboration

Southword *is a new multimedia collaboration between* Oxford American *magazine and NPR, spotlighting the people, places and trends shaping the American South.*

The first installment *takes us to Holmes County, Miss., the most obese county in Mississippi, the most obese state in America. NPR's Debbie Elliott and* filmmaker *Dave Anderson of* Oxford American *reflect on their time there — specifically, on what makes bad food so good.*

The making of Kool-Aid pickles at a Mississippi Double Quick convenience store.

Dave Anderson/Oxford American

One thing you need to know before going to the Mississippi Delta is what a Kool-Aid pickle is — and how to make it.

1. Pour pickle juice from a jar of pickles into a bowl.
2. Add Kool-Aid to pickle juice.
3. Pour pickle juice back over pickles.
4. Enjoy?

Where can you find Kool-Aid pickles? All over the region, including at the Double Quick, a chain of convenience stores, many of which also sell a smorgasbord of fried foods.

What's At The Double Quick?

Hover over the image to see what you're eating.

This graphic requires version 10 or higher of the Adobe Flash Player. Get the latest Flash Player.

This interactive content is not supported by this device.

Buffet at the Double Quick

Credit: Dave Anderson/Oxford American

The Picture Show: What was the best thing you ate in Holmes County?

Debbie Elliott, NPR: Strawberry cream cheese fried pies at the Double Quick. Mmmmm. The worst thing: A Kool-Aid pickle! Also at the Double Quick.

Dave Anderson, Oxford American: Well, I'm a bit chagrined to report that the best things I had were fried: fried green beans dipped in ranch were pretty yummy. But what I really liked were the fried pies at the Double Quick. To folks who haven't heard of a fried pie, I'd say the easiest way to explain them would be to compare them to a McDonald's apple or cherry pie. The filling is inside some dough that is then fried.

On the flip side, I had a Kool-Aid pickle, which we learned is a popular snack among kids in the region. As I wrote on Facebook the day I got my hands on one: "Yes I tried it. No I shouldn't have done that. Two words: Monster nasty."

1:35 AM

FEATURE

Fast-food culture serves up super-size Americans

Stop blaming people or their genes--it's an abundance of unhealthy, heavily advertised, low-cost food that underlies the nation's obesity crisis.

By BRIDGET MURRAY
Monitor Staff
December 2001, Vol 32, No. 11
Print version: page 33

America is overlooking the real cause of its ever-expanding waistline, said Kelly Brownell, PhD, at APA's 2001 Annual Convention. The problem isn't so much people's lack of self-control, he said. It's a "toxic food environment"--the strips of fast-food restaurants along America's roadways, the barrage of burger advertising on television and the rows of candies at the checkout counter of any given convenience store.

"Whoever thought you could go eat at a gas station?" said Brownell, a Yale University psychology professor, adding that, with a new concept being test-marketed, "While you're pumping your gas you punch in the Fritos, the Twinkies and the Coke, and somebody brings it to your car. So the physical activity required to go in and get it is eliminated."

To be sure, Brownell acknowledged, genes and self-control play a role in obesity and the diabetes and other health problems that result. But, in his view, both face a losing battle against the ubiquity of bad food. The problem with medical and psychological interventions for individuals, he said, is that the costs of treatment outweigh the benefits, and weight-gain relapse rates remain high.

What's needed instead, he said, are broader-scale policy fixes that promote healthier foods and behaviors across American society.

"It's important for us to look at this from a public health point-of-view, where we're not so concerned with how overweight an individual is, but how overweight the population is," said Brownell. "Genetics is what permits the problem to occur, but environment is what drives it."

Of particular concern to Brownell is America's passive acceptance of unhealthy food. Americans fail to recognize, for example, the possible damage done by such fast-food icons as Ronald McDonald. "We take Joe Camel off the billboard because it is marketing bad products to our children, but Ronald McDonald is considered cute," said Brownell. "How different are they in their impact, in what they're trying to get kids to do?"

Certain "toxic signs" alarm Brownell:

- **Unnutritious foods reign.** High-fat, high-sugar foods are widely available, taste good and cost less than healthier foods. Vending machines are ubiquitous, Kentucky Fried Chicken delivers and most fast-food outlets now serve breakfast. "Could there be a better fat-delivery vehicle than a bacon-egg-and-cheese muffin?" said Brownell.
- **Serving sizes keep increasing.** Buffets abound and food outlets offer "value meals," providing more food for less cost. 7-Eleven's Double Gulp serves up 64 ounces of soda, and "McDonald's has made 'super-size it' a verb."
- **The food industry has run amok.** Advertisements for prepackaged and fast foods saturate the airwaves, newspapers and magazines. Colorfully packaged single-person servings make processed foods appealing.
- **Physical activity has declined.** Most Americans get less exercise than ever--walking less and driving more.

As further evidence that environment is to blame, Brownell noted that obesity has risen notably in other countries, including China, and that migrants to Western countries have much higher obesity rates than their relatives back home.

Particularly vulnerable to the problem are American children, said Brownell. Soda companies and fast-food outlets increasingly ink contracts with schools and gear advertising to kids. "The most intrepid parents can't win this fight," he said.

That is, they can't win it alone. But, said Brownell, they might stand a chance through the following proposed policy changes:

- Make activity more accessible, by, for example, building communities to allow more walking or biking.
- Regulate TV food ads aimed at children and mandate equal time for pro-nutrition messages.
- Ban fast foods and soft drinks from schools, instead forging school contracts with sports-related companies.
- Restructure school lunch programs to include more healthy foods.
- Subsidize healthy foods and drive down prices of fruits and vegetables by 70 percent.
- Discourage consumption of poor foods through a "fat tax," earmarking the funds for nutrition and recreation.

Brownell believes such measures would take the blame off people with obesity and are the only "real path to doing something constructive about this problem."

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4 Bad Food Habits Teens Have and What Parents Can Do About Them

From Denise Witmer, former About.com Guide

Quick Links: Quiz: Are you raising a healthy eater? | Quiz: Are you raising a healthy teen? | Teen Wellness

As teens become more independent in their food choices, they tend to make the wrong choices - even teens who were brought up eating healthy. Here are the four worst food habits teens have and what you can do about them:

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Skipping breakfast is the leading bad food habit for teenagers.

According to the American Dietetic Association, more than half of male teens and more than two-thirds of female teens do not eat breakfast on a regular basis. Breakfast is the most important meal of the day. Eating breakfast can upstart your teenâ€™s metabolism, which helps with weight control, mood and school performance.

You can ensure that your teen eats a healthy breakfast by making the foods readily accessible to him. Make it a part of your routine to put breakfast on the table and sit with your teen while you both enjoy a healthy breakfast. Or, if time is a problem, go for the grab and eat on the way breakfasts that are now on the market.

The next unhealthy food habit teens have is increased foods from 'other' food group. Think of the food pyramid, the 'other' food group is the smallest smallest section at the top with what is supposed to be the least amount of servings. Teens tend to eat

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Fast Food, Fat Profits: Obesity in America

2010 Health 113 Comments



Obesity in America has reached a crisis point. Two out of every three Americans are overweight, one out of every three is obese. One in three are expected to have diabetes by 2050.

Minorities have been even more profoundly affected. African-Americans have a 50 per cent higher prevalence of obesity and Hispanics 25 per cent higher when compared with whites.

How did the situation get so out of hand? Josh Rushing explores the world of cheap food for Americans living at the margins.

What opportunities do people have to eat healthy? Who is responsible for food deserts and processed food in American schools?

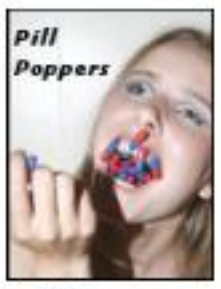
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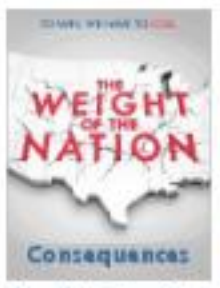
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1:36 AM

Bad Food is The World's Biggest Cause of Death

Published on June 1, 2013
Written by: Kris Gunnars

Skip to Responses



"Sadly, in the next 18 minutes when I do our chat, 4 Americans that are alive will be dead, from the food that they eat."

The presentation above is by a man that I greatly respect, celebrity chef Jamie Oliver, who is well known for his television shows and campaign against the use of processed foods in schools.

In the video, he explains the current state of the horrible epidemic of diet-related disease in America, as well as how he thinks it can be reversed.

This is **very** inspiring, you won't regret setting aside 20 minutes to watch it.

Some interesting points made in the video:

- Today, diet-related diseases are the biggest sources of death in Western countries, **by far.**
- For the first time in modern history, children will have a shorter life expectancy than their parents.
- U.S. schools consider pizza and french fries as "vegetables."
- The milk (and other foods) that kids get served at school is loaded with sugar.
- Kids are at school 180 days out of the year, where they are served horrible foods that make them sick.

All of This Unnecessary Death and Suffering is 100% Preventable

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The 41 Deadliest Fast-Food Meals

Mar 24, 2010 7:57 PM EDT

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How does KFC's new 'Double Down' sandwich, which replaces bread with pieces of fried chicken, fare against the rest of the fast food universe? Not too badly, actually. Plus, shocking calorie equations.

Lost in the acrimony of the health-care reform, there was one clause that all sides seem to agree on: Beginning next year, all restaurant chains with more than 20 locations will have to post calorie counts and other similar information.

Click Here to See the Unhealthiest Fast-Food Items in America



Yet the trend toward healthy eating (or at least knowing what's in that burger) took a decisive 180-degree turn when KFC introduced its Double Down sandwich—two fried chicken filets stuffed with bacon, cheese and a mayonnaise-based sauce—to great internet buzz and fanfare. The Double Down sounds like an artery clogging nightmare,

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Click Here to See the Unhealthiest Fast-Food Items in America



Yet the trend toward healthy eating (or at least knowing what's in that burger) took a decisive 180-degree turn when KFC introduced its Double Down sandwich—two fried chicken filets stuffed with bacon, cheese and a mayonnaise-based sauce—to great internet buzz and fanfare. The Double Down sounds like an artery clogging nightmare, but it's actually not that bad, comparatively speaking. Slightly worse than a personal pan pizza from Pizza Hut, slightly better than a Bonus Jack double cheeseburger from Jack in the Box, the Double Down slides into the #23 slot on our list.

Fried chicken sandwich revolutions aside, consumer health advocates are thrilled about the calorie count legislation. The Daily Beast decided to provide a preview, ranking 40 fast-food standards and classics based on which are worst for your health. We equally weighed five criteria, which were almost universally available to each of the items we measured: calories, saturated fat, cholesterol, sodium, and sugar.

Only in America would Chicken McNuggets and large fries look like health food. But once consumers get a full dose of information, they'll learn about the 1,330-calorie, 38-grams

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THE NEW SILENT SPRING

America is one bad winter away from a food disaster, thanks to dying bees

By Todd Woody | @greenwombat | May 6, 2013



If only they could tell us what's going on. *AP Photo / Gosia Wozniacka*

Forget the plight of the polar bear for a moment and consider the coming collapse of the $30 billion honey bee economy in the US.

Since 2006 honey bees responsible for pollinating more than 100 crops—from apples to zucchini—have been dying by the tens of millions. As a new report from the US Department of Agriculture (USDA) details, scientists are still struggling to pinpoint the cause of so-called Colony Collapse Disorder (CCD) and time is running out.

"Currently, the survivorship of honey bee colonies is too low for us to be confident in our ability to meet the pollination demands of U.S. agricultural crops," the report states.

Some signs of beemageddon: CCD has wiped out some 10 million bee hives worth

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Junk food might not be addictive, after all

By Linda Thrasybule / Published March 26, 2013 / MyHealthNewsDaily



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If you're having a hard time putting down that pint of ice cream, it may not be because you're hard wired to keep eating it.

Recent research has suggested that eating junk foods, namely those edibles containing high amounts of fat, sugar and salt, can stimulate parts of the brain involved in seeking reward and pleasure. In other words, eating that pint of ice cream is addictive in the same way that nicotine or other drugs are addicting, the conclusion goes.

But that may not actually be the case, according to some experts.

"We are biologically wired to respond to certain tastes, textures and colors, but that doesn't mean it's an addiction," said Gabriel Harris, an assistant professor of food science at North Carolina State University in Raleigh.

In an influential study in 2010, scientists found that the brain circuitry of rats that ate unhealthy foods resembled the circuitry for rats exposed to drugs such as cocaine.

The study, published in the journal *Nature Neuroscience*, looked at three groups of rats over a period of 40 days. One group was fed regular rat food; another was allowed to eat high-fat human foods such as sausage, bacon and cheesecake for one hour each day,

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Healthy Foods: Eat This Not That

The Worst Healthy Food in America

Lose your gut by making these smart swaps at your favorite restaurants

By David Zinczenko and Matt Goulding Men'sHealth

RELATED GOALS: EAT RIGHT | FLATTEN YOUR BELLY | LOSE 10 POUNDS



Image: Mitch Mandel/Thomas MacDonald

Make the smart swaps listed below and you can lose a few pounds every week—effortlessly—and without ever dieting again.

Coming soon to chain restaurants nationwide: Calorie counts on chain restaurant menus and menu boards. To us at Eat This, Not That!, this particular provision couldn't have come soon enough. Case in point: Any of the menu items listed below.

The truth is that it can be nearly impossible to distinguish between a healthy menu choice, and a menu choice that sounds healthy but will actually add hundreds of extra and unnecessary calories to your diet—and potentially saddle you with an extra pound or two every month. You may care about your health and try your hardest to eat conscientiously, but when restaurants offer salads that exceed 1,500 calories and seemingly harmless seafood dishes flirt with 2,000 calories, all that hard work goes to waste—and to your waistline. In researching our newest book, *Drink This, Not That!*, we discovered the 6 worst "healthy" food offenders. Make the smart swaps listed below, though, and you can lose a few pounds every week—effortlessly—and without ever dieting again.

Worst "Healthy" Smoothie: Smoothie King Skinny Cranberry Supreme (40 oz)
908 calories
2 g fat (0 g saturated)
146 g sugars

It's hard to pick a "worst" thing when it comes to this drinkable disaster. First, Smoothie King boasts that this drink's function is to help you "Stay Healthy"—but with as much sugar as in 14 glazed doughnuts and nearly half your day's worth of calories, it's clear that this beverage is little more than liquefied sweetener. Second, Smoothie King allows patrons to opt to make their beverages "Skinny," meaning they'll leave out the turbinado sweetener. But don't be fooled by the false advertising: Downing this drink is likely to do anything BUT make you skinny.

Drink This Instead!
Skinny Pineapple Pleasure (20 oz)
180 calories
0 g fat
39 g sugars

Worst "Healthy" Burger: Ruby Tuesday Avocado Turkey Burger
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I hope my 2,000-page website inspires you to enjoy as much of our world cuisines and travel wonders as you can in your lifetime. My list began in 1968 and the the website in 1996. I have traveled over a million miles to more than 100 countries doing research. I am the author of world cuisine and travel books. Today, 1.3 million travelers from 217 countries trust Hillman Wonders.

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American cuisine
the bad and good



American cuisine
minus and pluses

- **Split personalities**

American cuisine has both a dull and exciting side:

- **Dull** = Fast foods and overly processed grocery-store foods
- **Exciting** = Regional and ethnic cooking - and steaks

Three great things about American cuisine

1 Regional and ethnic cooking



Click blue links to learn my candid tips about them:

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2 Innovation

American cuisine is the most innovative major cuisine on our planet. This is not because Americans cooks are naturally more creative than their counterparts abroad. They're not. A prime reason is the nation's cuisine is relatively new. It is not as encumbered by ironbound culinary rules as in, say, the French and Chinese cuisines. The Americans have more freedom to experiment.



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Science Confirms The Obvious: Fast Food Is Pretty Bad For You

Over the past 14 years, fast food has gone from "awful, health-wise" to "awful, health-wise."

By Dan Nosowitz Posted 05.07.2013 at 1:00 pm 14 Comments



Gross Big Mac *Wikimedia Commons*

A new study in the American Journal of Preventive Medicine takes a look at a host of popular American fast-food establishments to see if they've improved, nutritionally, in the past decade and a half. They have! Technically! Also technically: they are still way below average.

The team used the Healthy Eating Index, a tool created by the US Department of Agriculture that essentially measures how well a given diet matches up with a list of dietary guidelines, also created by the Department of Agriculture. The HEI, as it's usually called, awards points for a diet that includes more of certain items (dark green vegetables, whole grains, seafood) and also points for *less* of other items (refined grains, sodium, and the vague "empty calories"). The average American diet scores in the low 50s, typically, which is, um, not good, considering that the scale is out of 100.

The HEI began in 1995, and eight key fast-food restaurants, including McDonald's, Wendy's, Taco Bell, KFC, and the other biggies, have HEI data starting in 1997. The study compares that score with a new score from the 2009/2010 year, and finds that over those 14 years, the scores barely rose. In 1997, those restaurants averaged a score of 45; 14 years later, they averaged 48. Still below average, and still pretty awful, despite new menu items like salads and wraps entering the menu. Maybe because those salads aren't actually healthful at all?

An accompanying article says, "this tiny increase is disappointing, and a bit surprising." Well, maybe not surprising.

[via EurekAlert]

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Dear American Consumer: Please Keep Eating HFCS + Other Junk Food

May 20, 2013 Uncategorized

Dear American Consumers: Please Don t Start Eating Healthfully. Sincerely, the Food Industry

SCIENTIFIC AMERICAN

By Patrick Mustain | Scientific American – Sun, May 19, 2013

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- View PhotoDear American Consumers: Please ...

Dear Consumers: A disturbing trend has come to our attention. You, the people, are thinking more about health, and you're starting to do something about it. ***This cannot continue***. [Okay, he's being sardonic here, folks.]

Sure, there's always been talk of health in America. We often encourage it. The thing is, we only want you to think about and talk about health in a certain way–equating health with how you look, instead of outcomes like quality of life and reduced disease risk. Your superficial understanding of health has a great influence over your purchasing decisions, and we're ready for it, whether you choose to go low-calorie, low-fat, gluten-free or inevitably give up and accept the fact that you can't resist our Little Debbie snacks, potato chips and ice cream novelties. Whatever the current health trend, we respond by developing and marketing new products. We can also show you how great some of our current products are and always have been. For example, when things were not looking so good for fat, our friends at Welch's were able to point out that their chewy fruit snacks were a fat free option. Low fat! Healthy! Then the tide turned against carbohydrates. Our friends in meat and dairy were happy to show that their steaks, meats and cheeses were low-carb choices. Low carbs! Healthy!

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HEALTH -- MARCH 15, 2013 AT 7:23 AM EDT

Seven Foods You Think Are Healthy But Aren't

BY: JASON KANE

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The guacamole tasted "a little spicy." At least that's the way Therese Warner described it after taking a bite.

There was no other sign the stuff had been rotting in the back of the refrigerator for nine months, other than a little brown discoloration around the edges. No mold. No bad smell.

The elderly woman had mistakenly plucked the guacamole from her daughter's "food museum" -- a collection of processed food that her daughter, former New York Times reporter Melanie Warner, had allowed to sit around her house for months with the simple goal of watching it rot (or not) after their expiration dates.



The surprisingly resilient piles of frozen dinners, loaves of bread, processed cheese, hot dogs, pudding and Pop Tarts were all part of Warner's research for a new book, "Pandora's Lunchbox: How Processed Food Took Over the American meal." But she never intended for her family to eat any of it ... especially her mother, who was already prone to food-borne illness because of her age.

Immediately, Warner started worrying something terrible would happen to her mom -- that she would develop a life-threatening illness and need to be rushed to the hospital. "But she was totally fine, nothing happened at all," she said. "Not even an intestinal rumbling."

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Reasons Fast Foods Are Bad for You



Those big greasy meals aren't doing you any favors.

By Stephanie Stiavetti

Every day, millions of people ask themselves, "Are fast foods bad for you?" The answer is a resounding **yes**! While eating fast food every once in a while won't hurt you, consuming it regularly will most definitely affect your health negatively.

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Reasons Why Fast Food Is Bad

If you eat fast food regularly, the effects on your health can be disastrous. Studies have shown that people who eat fast food more than twice a week drastically increase their chances of developing diabetes, cardiovascular disease, and a host of other chronic problems.

Fast food's bad reputation stems from a number of factors, but the primary issue is that fast foods are abundant in a handful of unsavory substances: sodium and trans-fats. These compounds wreak havoc in your body, and the more of them you eat, the more damage they do.

Sodium

The food available in fast food restaurants are notoriously high in sodium. Your kidneys are responsible for ridding your body of salts, but consuming too much causes a buildup in your system, as it can't be eliminated fast enough - the resulting accumulation of sodium in your bloodstream forces your heart to work harder, which in turn causes high blood pressure and heart disease. Putting that much pressure on your kidneys also increases your risk of kidney disease. *Dialysis* isn't a pretty word.

Trans Fats

Perhaps the most deadly substance in fast food is *trans-fat*. Trans-fats are created when hydrogen is added to liquid oils so that they stay solid at room temperature. The resulting fat is considered by the American Heart Association to be one of the

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Jamie Oliver at TED: Bad food is killing America

Plus: WalMart vs. Whole Foods, "Top Chef Masters," and this week's other must-see food videos

BY THOMAS ROGERS

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TOPICS: FOOD TUBE, JAMIE OLIVER, FOOD, LIFE NEWS

- Jamie Oliver was one of the recipients of this year's TED prizes, which awards $100,000 to "exceptional individuals" with a particular wish or project. Oliver's award will help him launch his campaign against American obesity (a subject documented in his new reality show, "Jamie Oliver's Food Revolution"). In his TED talk, which just hit the Web, he vividly outlines the dangers that obesity poses for America, explains the need for broader food education in schools, and throws a bunch of sugar on the stage. It's a lengthy video, but for anybody interested in the debate about American children's health, it's a must-see.

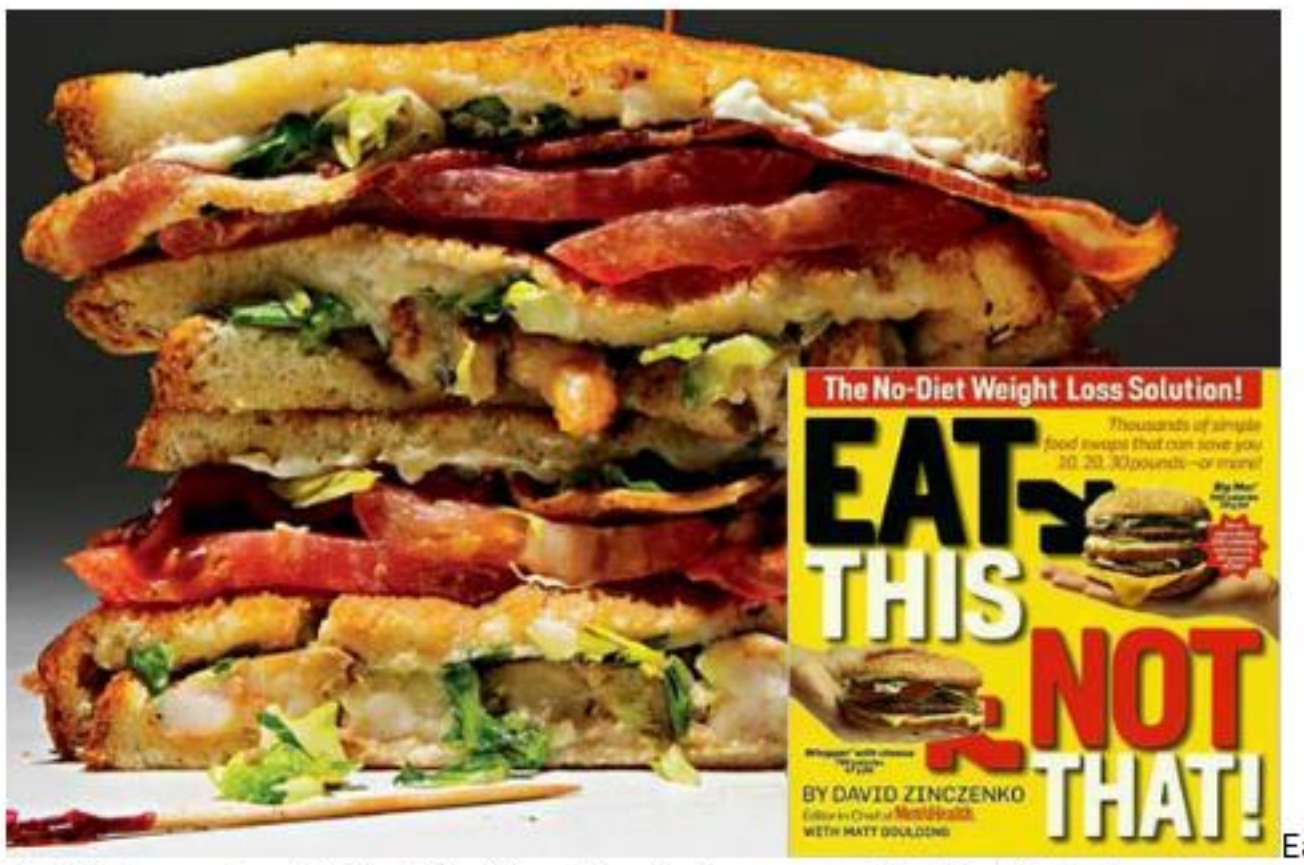
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The Worst Foods in America from Eat This, Not That! 2011

by Slashfood Editor, Posted Nov 12th 2010 @ 5:00PM

1536 53 0 +1



Eat This, Not That! New! 2011 Edition © 2010 by David Zinczenko with Matt Goulding. Permission granted by Rodale Books.

The popular guide to making better choices at casual and fast-food establishments, *Eat This, Not That!* is out with a new 2011 edition. Exposed inside are the dirty secrets of the food industry; the best and worst foods to boost brain power; the newest picks from more than 50 fast-food and sit-down restaurants; and, our favorite section, the 20 worst foods in America.

Slashfood was lucky enough to get a peek at 10 of the 20 worst foods, including the worst fast-food burger, the worst salad and the worst meal overall. For photos and statistics, click through the gallery after the jump.

For the remaining 10 (including the worst supermarket meal, worst drink and worst appetizer), as well as tips on stocking your pantry with America's best packaged foods and a guide to getting your kids to eat more fruits and veggies, visit Eat This, Not That or pick up a copy of the book.

Visit Men's Health regularly for more Eat This, Not That!

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Published on Friday, August 12, 2005 by The Nation

Junk Food Nation

By Gary Ruskin and Juliet Schor

In recent months the major food companies have been trying hard to convince Americans that they feel the pain of our expanding waistlines, especially when it comes to kids. Kraft announced it would no longer market Oreos to younger children, McDonald's promoted itself as a salad producer and Coca-Cola said it won't advertise to kids under 12. But behind the scenes it's hardball as usual, with the junk food giants pushing the Bush Administration to defend their interests. The recent conflict over what America eats, and the way the government promotes food, is a disturbing example of how in Bush's America corporate interests trump public health, public opinion and plain old common sense.

The latest salvo in the war on added sugar and fat came July 14- 15, when the Federal Trade Commission held hearings on childhood obesity and food marketing. Despite the fanfare, industry had no cause for concern; FTC chair Deborah Majoras had declared beforehand that the commission will do absolutely nothing to stop the rising flood of junk food advertising to children. In June the Department of Agriculture denied a request from our group Commercial Alert to enforce existing rules forbidding mealtime sales in school cafeterias of "foods of minimal nutritional value"--i.e., junk foods and soda pop. The department admitted that it didn't know whether schools are complying with the rules, but, frankly, it doesn't give a damn. "At this time, we do not intend to undertake the activities or measures recommended in your petition," wrote Stanley Garnett, head of the USDA's Child Nutrition Division.

Conflict about junk food has intensified since late 2001, when a Surgeon General's report called obesity an "epidemic." Since that time, the White House has repeatedly weighed in on the side of Big Food. It worked hard to weaken the World Health Organization's global anti-obesity strategy and went so far as to question the scientific basis for "the linking of fruit and vegetable consumption to decreased risk of obesity and diabetes." Former Health and Human Services Secretary Tommy Thompson--then our nation's top public-health officer--even told members of the Grocery Manufacturers Association to "'go on the offensive' against critics blaming the food industry for obesity," according to a November 12, 2002, GMA news release.

Last year, during the reauthorization of the children's nutrition programs, Republican Senator Peter Fitzgerald of Illinois attempted to insulate the government's nutrition guidelines from the intense industry pressure that has warped the process to date. He proposed a modest amendment to move the guidelines from the USDA to the comparatively more independent Institute of Medicine. The food industry, alarmed about the switch, secured a number of meetings at the White House to get it to exert pressure on Fitzgerald. One irony of this fight was that the key industry lobbying came from the American Dietetic Association, described by one Congressional staffer as a "front for the food groups." Fitzgerald held firm but didn't succeed in enacting his amendment before he left Congress last year.

By that time the industry's lobbying effort had borne fruit, or perhaps more accurately, unhealthy alternatives to fruit. The new federal guidelines no longer contain a recommendation for sugar intake, although they do tell people to eat foods with few added sugars. The redesigned icon for the guidelines, created by a company that does extensive work for the junk food industry, shows no food, only a person climbing stairs.

Growing industry influence is also apparent at the President's Council on Physical Fitness. What companies has the government invited to be partners with the council's Challenge program? Coca-Cola, Burger King, General Mills, Pepsico and other blue chip members of the "obesity lobby." In January the council's chair, former NFL star Lynn Swann, took money to appear at a public relations event for the National Automatic Merchandising Association, a vending machine trade group activists have been battling on in-school sales of junk food.

Not a lot of subtlety is required to understand what's driving Administration policy. It's large infusions of cash. In 2004 "Rangers," who bundled at least $200,000 each to the Bush/Cheney campaign, included Barclay Resler, vice president for government and public affairs at Coca-Cola; Robert Leebern Jr., president of federal affairs at Troutman Sanders PAG, lobbyist for Coca-Cola; Richard Hohlt of Hohlt & Co., lobbyist for Altria, which owns about 85 percent of Kraft foods; and Jos&#65533; "Pepe" Fanjul, president, vice chairman and COO of Florida Crystals Corp., one of the nation's major sugar producers. Hundred-thousand-dollar men include Kirk Blalock and Marc Lampkin, both Coke lobbyists, and Joe Weller, chairman and CEO, Nestle USA. Altria also gave $250,000 to Bush's inauguration this year, and Coke and Pepsi gave $100,000 each. These gifts are in addition to substantial sums given during the 2000 campaign.

For their money, the industry has been able to buy into a strategy on obesity and food marketing that mirrors the approach taken by Big Tobacco. That's hardly a surprise, given that some of the same companies and personnel are involved: Junk food giants Kraft and Nabisco are both majority-owned by tobacco producer Philip Morris, now renamed Altria. Similarity number one is the denial that the problem (obesity) is caused by the product (junk food). Instead, lack of exercise is fingered as the culprit, which is why McDonald's, Pepsi, Coke and others have been handing out pedometers, funding fitness centers and prodding kids to move around. When the childhood obesity issue first burst on the scene, HHS and the Centers for Disease Control funded a bizarre ad campaign called Verb, whose ostensible purpose was to get kids moving. This strategy has been evident in the halls of Congress as well. During child nutrition reauthorization hearings, the man some have called the Senator from Coca-Cola, Georgia's Zell Miller, parroted industry talking points when he claimed that children are "obese not because of what they eat at lunchrooms in schools but because, frankly, they sit around on their duffs watching Eminem on MTV and playing video games." And that, of course, is the fault not of food marketers but of parents. Miller's office shut down a Senate Agriculture Committee staff discussion of a ban on soda pop in high schools by refreshing their memories that Coke is based in Georgia.

A related ploy is to deny the nutritional status of individual food groups, claiming that there are no "good" or "bad"

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Top 10 Iconic Junk Foods

As Hostess announces its plan to shut down its operations, TIME takes a look at the Twinkie and other American snack icons.

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YOU CALL THIS FOOD?

Twinkies

By Samantha Grossman | Friday, Nov. 16, 2012



EVAN SKLAR / GETTY IMAGES

When the manufacturer of the classic Twinkie snack cake announced its plan to stop the ovens and shut down its business this week, a little part of America died. Hostess Brands' Twinkies have not only been a mainstay on our supermarket shelves and in our bellies, they've been a staple in our popular culture and, above all, in our hearts. Often criticized for its lack of any nutritional value whatsoever, the Twinkie has managed to persevere as a cultural and gastronomical icon. Harold Ramis' character in *Ghostbusters* famously used a Twinkie to explain psychokinetic energy, and Woody Harrelson's character in *Zombieland* willfully tracked down the "spongy, yellow, delicious bastards" throughout the film. An urban legend even claims that Twinkies are so packed with preservatives, they'll last forever. Sure, they don't *really* have an infinite shelf life, but that doesn't matter, because soon the Twinkie might not even be available on shelves.

Hostess filed for Chapter 11 bankruptcy in January and has been plagued by financial and labor woes since then, along with changing American tastes for snack food, forcing the company to close down its 33 bakeries across the U.S. This move throws the future of the Golden Sponge Cake with Creamy Filling into jeopardy. Never has there been a better time to stash a few boxes of Twinkies away and hope they really are non-perishable.

Read "Time to Start Stockpiling Twinkies? Hostess in Limbo as Workers Strike."

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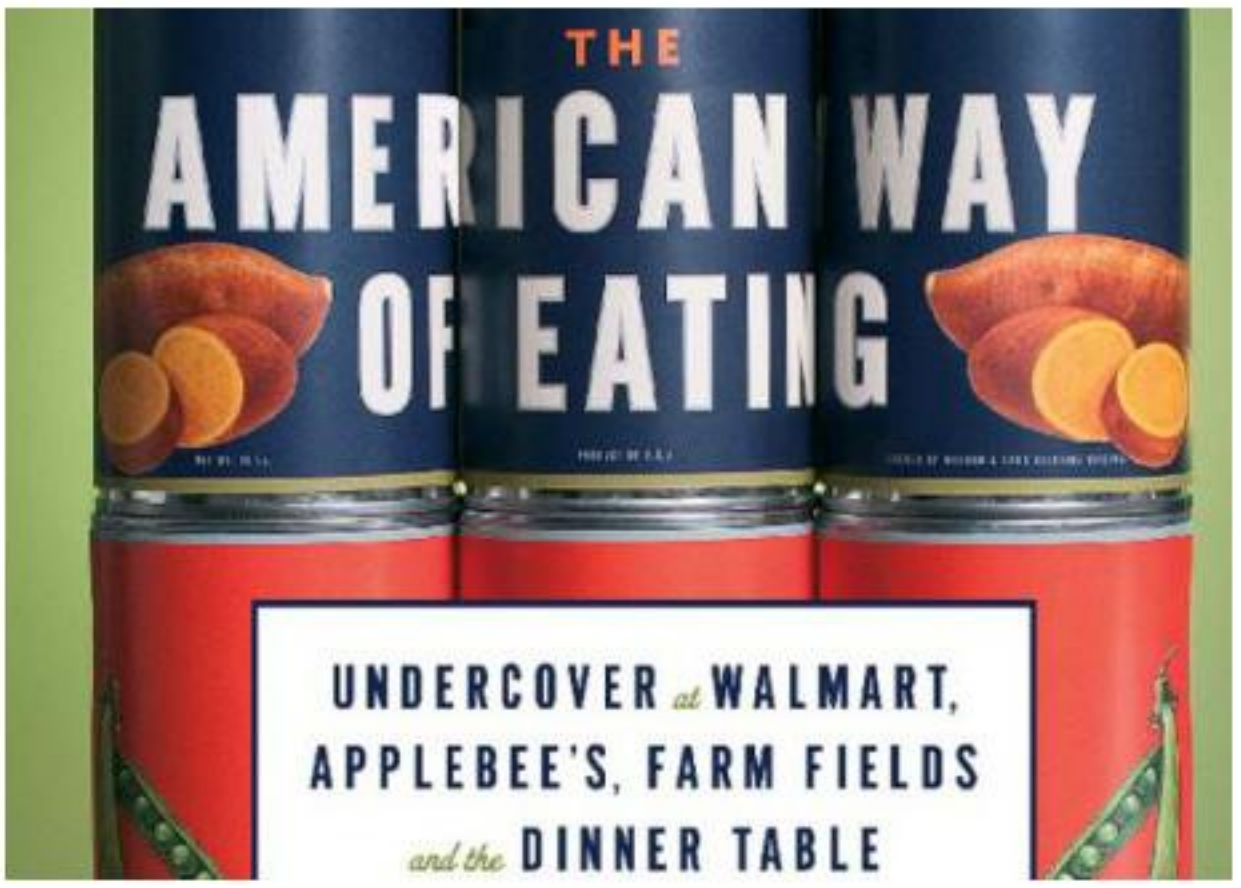
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When Did Healthy Food Become a Luxury Product?

In an exclusive interview, the author of a book on how America eats describes the many, many barriers to a good-for-you diet.

March 15, 2013 | Shari Roan

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In her book on how American eats, Tracie McMillan describes a food system that puts barriers up between many Americans and fresh, healthy food. (Photo: Scribner)



Shari Roan
Shari Roan is an award-winning health writer based in Southern California.
Full Bio

Tracie McMillan remembers the day well. She was working in the fresh produce section of a Walmart near Detroit. Part of her job was to rotate foods to keep the produce fresh. But it was a challenge. Her 20-year-old manager, who had transferred to produce from the electronics department, had no training in managing fruits and vegetables. And one of the store's produce coolers had a leak, throwing humidity levels off and causing food to rot easily.

One day, the staff threw out 200 pounds of what had once been fresh, delicious, and nutritious asparagus. "This was straight-up mismanagement," says McMillan, an independent journalist who was working in the store in order to research a book on the industry. The manager, she says, "wasn't somebody who should be in charge of the fresh-food supply for half the town—for 2,000 people. I had to ask myself: If this is the kind of produce people are offered, can I blame them for eating processed food and junk food?"

How Can Someone Be Both 'Stuffed and Starved'?

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MON JUN 10, 2013 AT 12:21 PM PDT

Americans don't want food stamps cut. Too bad Congress does.

by Laura Clawson for Daily Kos Labor

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Unlike Congress, Americans would rather not see food stamps cut, according to a new poll from Huffington Post/YouGov. Forty percent of those polled said food stamps should be cut, but 24 percent wanted the amount spent to stay the same and another 24 percent said said they'd like to see the program increased. The partisan breakdown is ... predictable, with 73 percent of Republicans and only 19 percent of Democrats favoring food stamp cuts.

Congress, meanwhile, is ready to cut cut cut, with the big debate between the Republican-controlled House and the Democrat-controlled Senate being in how deeply to slash. The House in particular wants to target working poor people. And while there's something tempting about cutting off some of the taxpayer subsidies for Walmart's low wages, the big problem here is that if you take away the government assistance people rely on to survive without making their employers pay enough for them to live on, they suffer. That may not be any particular concern to Republicans, but children going hungry is the sort of thing that, in the end, voters don't really like to see happening.

The way Republicans win support for cuts to food aid is by focusing on the total amounts being spent on the program, which is large. But people trying to decide if they support nutritional assistance need to realize we're talking here about school lunches and people who work but are paid a poverty wage. More people may want to keep food stamp funding the same or increase it, but 40 percent support for cuts is still too damn high.

ORIGINALLY POSTED TO DAILY KOS LABOR ON MON JUN 10, 2013 AT 12:21 PM PDT.

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1:43 AM

High Co.
m%20Expo%20--%20Cost%20of%20Bad%20Food.htm

High Cost of Bad Food or Economics of Food Insecurity[1]

John Ikerd[2]

The American food system is the envy of the world, so we are told by the promoters of industrial agriculture. Americans spend less than 10% of their disposable incomes on food, less than any other nation. Each farmer feeds 50, 100, or 150 Americans, depending on who is counted as farmers. American supermarkets are filled year-round with an abundance and variety of both fresh and processed food products from every corner of the earth. Admittedly, industrial agriculture had succeeded in making food cheap and convenient, as is loudly and widely proclaimed by its advocates.

This is the "success story" of American agriculture, a story told to silence the critics who lament the demise of family farms, the decay of rural communities, the degradation of the natural environment, and loss of biological diversity that inevitably results from the industrialization of agriculture. However, it is long past time for Americans to confront the truth about American agriculture. In truth, the cheap food strategy of agricultural industrialization has failed dismally, not only in terms of its high ecological and social costs, but even in its most fundamental mission: to provide basic food security. Food security depends on "everyone" having access to "good food."

The industrialization of agriculture has brought Americans cheap food but it has not ensured everyone access to good food. Many people equate industrialization to the migration of people from farms and rural communities to manufacturing jobs in urban areas. However, shifts to manufacturing and urbanization are only symptoms of the industrial model or paradigm of specialization, standardization, and consolidation of control. Specialization increases efficiency through division of labor. Standardization is then necessary to facilitate coordination and routinization of specialized production processes. Standardization and routinization simplify production and management processes, allowing consolidation of control into large-scale, corporately-controlled business enterprises. This is the basic industrial process by which "economies of scale" have been achieved in agriculture as well as manufacturing.

The industrialization of agriculture inevitably replaces large numbers of small, diversified family-operated farms with far fewer large, specialized corporately-controlled farms. Most would-be critics of American agriculture have been largely silenced by broad-based public support for agriculture, rooted in an outdated, nostalgic image of small, diversified family farms. It seems almost unpatriotic to criticize agriculture. However, with the growing corporate control of agriculture, public scrutiny and even criticism of the food system in general has become more socially acceptable, even if not yet commonplace.

Questions of food safety and diet-related health problems are but the most prominent on a growing list of public concerns. Best-selling books, such as *Fast Food Nation*[i] and *Omnivore's Dilemma,*[ii] have helped awakened millions of Americans to the growing problems associated with the ways today's foods are produced, processed, and marketed. Video documentaries, such as *The Future of Food,*[iii] *Broken Limbs,*[iv] *Food Inc*[v] and *Fresh; The Movie,*[vi] have provided gripping images of the negative impacts of an industrial food system on nature and society, even threatening the future of humanity. They all tell the same story of a food system that is lacking in ecological, social, and economic integrity.

In defending industrial agriculture, Americans are told that our modern food system reflects the natural evolution of a free-market economy. The markets simply give consumers what they need, or at least what they want. However, today's American economy bears little resemblance to the free-market economy described by Adam Smith's in *The Wealth of Nations.*[vii] The variety, quality, and quantity of today's foods do not reflect the market's ability to accommodate evolving consumers' tastes and preferences but instead the food corporations' ability to maximize economic returns on their stockholders' investments – at the expense of consumers, producers, and society. Adam Smith's *invisible hand* has been mangled by the machinery of industrial economic evolution. Today's food markets are no longer able to transform individual greed into the larger societal good. Today's food system is not a consequence of free markets.

The most significant aspect of this evolution perhaps has been the growing ability of food corporations to affect, if not outright dictate, public policies related to both food and farming. The Food and Drug Administration's approval of genetically modified (GM) foods as being "substantially equivalent" to non-GM foods by an administrator with connections to Monsanto is among the most egregious violations of public trust. Virtually every significant program of the United States Department of Agriculture (USDA) since the early 1960s, by one means or another, has promoted the industrialization of American agriculture. Even programs designed to conserve and protect soil and water resources have been modified or mismanaged to accommodate the economic interests of corporate agriculture. Many have been completely perverted to subsidize natural resource exploitation.

Farm programs designed to preserve family farms during the Great Depression of the 1930s have evolved into government programs that now subsidize about one-half of the cost of crop insurance, which virtually guarantees farm profits at the expense of taxpayers. Such programs encourage farmers to specialize in large-scale, resource-exploiting production of specific commodities – corn, soybeans, hogs, cattle, and chickens. As a result, farmers have largely abandoned the resource-conserving, diversified crop and livestock operations needed to sustain the long-run productivity of agriculture. The Environmental Quality Incentives Program has diverted millions of dollars intended for environmental protection to subsidize construction of giant confinement animal feeding operations, or CAFOs. More than 50 years of experience with CAFOs have proven them to be consistent offenders of environmental regulation designed to control them, and they now represent a growing threat to public health.[viii] These are but two examples among many of the abuse of trust of American taxpayers.

Many farm programs have been well intended. They were designed to serve the public good by providing food security

1:44 AM

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3 Reasons why fast food is bad for you

Eating too much fast food is considered to be a leading cause of obesity, hypertension, and heart disease.



Fast food restaurants are popular because they serve tasty convenient foods for a reasonable price. Many people visit these restaurants frequently to eat their main meals. They don't realize that these type of food items are bad for health.

Here are some reasons why fast food is bad for your health.

Fast food contain more calories.

Majority of junk foods are loaded with calories. Large portion size and high fat content are the main reasons for the high energy content.

An average person need to consume about 400-600 calories in a mealtime. (If he takes 3 main meals and 2 snacks.) The calorie content of many items are far more than that level.

For example; KFC chicken pot pie have 790 calories. If you eat that and drink 300ml of Pepsi, which contain 170 calories, you will have a total of 960 calories.

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A McDonald's Big Xtra Hamburger with cheese have 810 calories. A Burger King's Club Chicken Sandwich is loaded with700 calories.

Think that if you eat 220 more calories a day, you will gain one pound of extra fat in your body in two weeks time. That means, 24 pounds in one year. That is a lot of weight gain. So, don't visit those restaurants more than once a week.

Fast food contain more unhealthy fat.

Most of the convenient foods contain high levels of saturated fat. This type of fat is mostly derived from animal products such as meat, eggs and butter. Palm oil and coconut oil also contain significant amounts of saturated fat.

Eating too much saturated fat can increase bad cholesterol level in the blood. Elevated levels of cholesterol is the main cause of heart attack, stroke and peripheral vascular diseases.

Another type of fat presents in these food is called trans fat, which is the worst type of fat. We do not need to eat trans fat, even in tiny amounts.

Consumption of trans fat is linked to elevated levels of bad cholesterol (LDL) in the blood. In addition, it can lower the amount of good cholesterol (HDL) in you body.

Fast foods are high in sodium.

Sodium plays several important roles in our body. We need to consume certain amount of sodium everyday.

However, taking too much salt is bad for the body. It can cause high blood pressure, obesity, and osteoporosis. In addition, experts believed that over-consumption of salt is linked to increased risk of developing bowl cancer.

An average adult need to consume about 1200mg sodium per day. Many of the convenient foods contain far more than that amount.

For example: KFC double down sandwich contain 1880 mg of sodium. Similarly, McDonald's



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3 Reasons why fast food is bad for you

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11 Facts About American Eating Habits

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1. In a recent study, 52 percent of Americans (that were polled) believed doing their taxes was easier than figuring out how to eat healthy.

2. Only 3 in 10 Americans believe that all sources of calories play an equal role in weight gain.

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June 01, 2011 9:55 AM

Bad news for Americans who eat food

By Steve Benen

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In December, Americans who eat food received some very good news. A sweeping overhaul of the nation's food-safety system, approved by both chambers with large, bipartisan majorities, cleared Congress, and was quickly signed into law by President Obama.

The long-overdue law expands the FDA's ability to recall tainted foods, increases inspections, demands accountability from food companies, and oversees farming — all in the hopes of cracking down on unsafe food before consumers get sick. This was the first time Congress has approved an overhaul of food-safety laws in more than 70 years.

That's the good news. The bad news is, the Republican-led House is fighting to gut the law.

> Budget cuts proposed by House Republicans to the Food and Drug Administration would undermine the agency's ability to carry out a historic food-safety law passed by Congress just five months ago, food safety advocates say. [...]
>
> To carry out the new law, President Obama is seeking $955 million for food safety at the FDA in the fiscal year that starts Oct. 1.
>
> Last week, the House Appropriations subcommittee that oversees the FDA pared back that amount to $750 million, which is $87 million less than the figure the agency is currently receiving for food safety.
>
> "This subcommittee has begun making some of the tough choices necessary to right the ship," said Chairman Jack Kingston, (R-Ga.).The full committee was scheduled to vote on the proposed cuts Tuesday, and the budget proposal was expected to pass.

Republicans on the House Appropriations Committee approved the cuts yesterday, which are severe enough to prevent the FDA from implementing the new law. Erik Olson, director of food and consumer product safety programs at the Pew Health Group, part of a coalition of public health advocates and food makers, said this week, "These cuts could seriously harm our ability to protect the food supply."

Boy, those midterm elections really set the country on the right path, didn't they?

It's also worth appreciating the fact that these cuts to food safety were made in the name of fiscal responsibility, but it's a classic example of being penny wise and pound foolish. Indeed, cutting funding on food safety is likely to cost us *more* money, not less.

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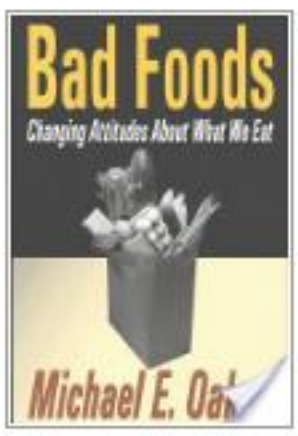
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Bad Foods: Changing Attitudes About What We Eat



Michael E. Oakes

★★☆☆☆
1 مراجعة

145 من الصفحات - Transaction Publishers, 2004

Bad Foods demonstrates how a variety of historical or political events and personalities have shaped our current views of good nutrition. On several occasions in American history concerns have arisen over the safety of our food supply (e.g., harmful ingredients in processed foods) and the potential that processing might deplete foods of their nutrients. These concerns help explain how food characteristics such as freshness, natural, organic, and unprocessed have become important to Americans.

Bad Foods traces how the food nutrients fat, salt, and sugar have acquired negative reputations for health as well as any controversies and outright misconceptions of the dangers of these nutrients. *Bad Foods* also explores confusion that can in part be attributed to biased media coverage about foods. Modern Americans are routinely bombarded with information about the health value of certain foods and the dangers of others. Frequently, health information about certain nutrients receives exaggerated coverage (e.g., dietary fat) while the importance of other nutrients gets ignored (e.g., vitamins and minerals). Moreover, health information about foods is often perceived as contradictory.

While some readers may be startled by what they perceive to be a challenge to sacred beliefs about foods, others will see the honesty in both the research and the writing and recognize the social benefits of examining our beliefs about foods. *Bad Foods* will be of interest to sociologists, food science specialists, and social historians.

"This expanded discussion of [Oakes'] findings takes readers first through a whirlwind tour of U.S. food historyand later through aconsideration of the scientific literature relating to three of bad foods'-fat, salt, and sugar. General readers will find it usefulfor ongoing debates. Recommended."-Choice

Michael E. Oakes received his Ph.D. in psychology from Northern Illinois University in 1994. Over the past ten years he has taught a variety of university-level courses including Drugs and Behavior and Behavioral Neuroscience. He has authored a dozen publications most of which explore the psychology of food and nutrition.

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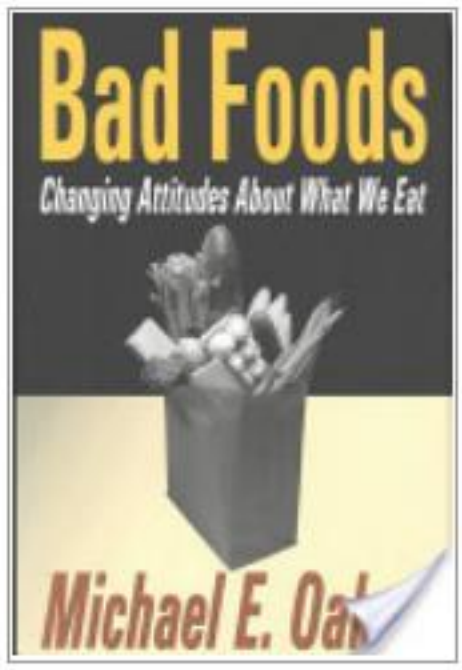
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The Bad Effects of Fast Food Essay

Today, there are over thousands and millions of a same type of place that ruins your health severely around the world. These things are called fast food restaurants and almost everybody in the world visits it at least ten times in their lifetime. Fast food restaurants are not good for your body and you do not get a lot of energy obtained from it.

A bad effect of fast food restaurants are the energy consumed from it. Research shows that 29~30 percent of children's energy comes from fast food. Also there is an additional 57 calories more than the balance of the calories that need to be consumed in a day. Fast food gives you a lot of calories and also a small energy. A lot of people around the world are consuming this sort of food and they should always remember that it ruins their state of balance in their body.

According to research fast food is related to obesity because of its high percentage of fat. Obesity is when your body has more fat than it needs. This can give off a bad effect because your body will be heavier to carry around and also it makes you lazy and is not good for your health. This maybe the reason why more than 60 percent of Americans are obese; Americans go to fast food restaurants like it is their house because they go there so often. People might think that obesity just makes you look bad on the outside but, they should also consider the inside.

Fast food restaurants use a lot of bad materials in making their food. The oil used to make the food is used again for days and they also use vegetables that are not fresh. The way fast food restaurants try to hide their use of bad vegetables is by making their commercials using fresh vegetables to make people believe that their products are fresh. People should always recognize that the commercials are very different from the real product; you can sometimes realize this by going to the store and getting something different than what the... [continues]

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12 FOODS THAT ARE BAD FOR THE PLANET



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Eat a planet-friendly diet

You know what foods are bad for you, and you know you should eat them in moderation to stay healthy. However, there are also many foods that are bad for the Earth's health. Check out these 12 foods that are hurting the environment and learn how you can eat a more planet-friendly diet. *(Text: Laura Moss)*

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If unhealthy food is bad for us, why do we eat it?

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What if I said to you that much of what we you eat every day amounts to an addictive drug that has captured our brains, rewired us into addicts, makes us sick and costs us billions of dollars to treat diseases that we need not have?

What if I said that this drug is known by its manufacturers and federal regulators to be addictive, harmful and costly…and it's perfectly legal?

Well, you'd probably think I had gone off a deeper end than usual. So it's a good thing, that David A. Kessler, M.D., is saying this, not me.

Kessler is the former commissioner of the U.S. Food and Drug Administration under both George H.W. Bush and Bill Clinton, and former dean of the Yale School of Medicine. His book, The End of Overeating: Taking Control of the Insatiable American Appetite (2009, Rodale, $25.95) is on most best-seller lists.

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Kessler starts with several questions. Why have Americans become increasingly overweight during the last 30 years or so? Why do we overeat? Why are so many of us, including Kessler himself, unable to stop eating Oreos when it's easy to say no to a second apple?

He finds his answers in the architecture and construction of modern American food.

Food designers, processors and restaurants have discovered that by combining fat, salt and sugar with flavors, textures and visual appeal they can create foods that we crave, that stimulate our brains to want more, that wire us to overeat.

Americans now spend about 50 percent of our food dollar in restaurants where these three ingredients are loaded and layered on top of each other, often repeatedly. (For the worst meals and alternatives, go to www.eatthis.com.)

Take cheese fries. The potato is a simple carbohydrate that quickly breaks down into sugar. It's fried in fat at the factory, fried in fat again at the restaurant, layered with fat and salt

About the Author

THIS ARTICLE WAS WRITTEN BY
CURTIS SELTZER.

Curtis Seltzer is a land consultant, columnist and author of *How To Be a DIRT-SMART Buyer of Country Property*, available at Curtis-Seltzer.com where his columns are posted. He also does commentary for Virginia public radio. His new book, *Land Matters: The "Country Real Estate" Columns, 2007-2009*, which includes 14 commentaries on CD.

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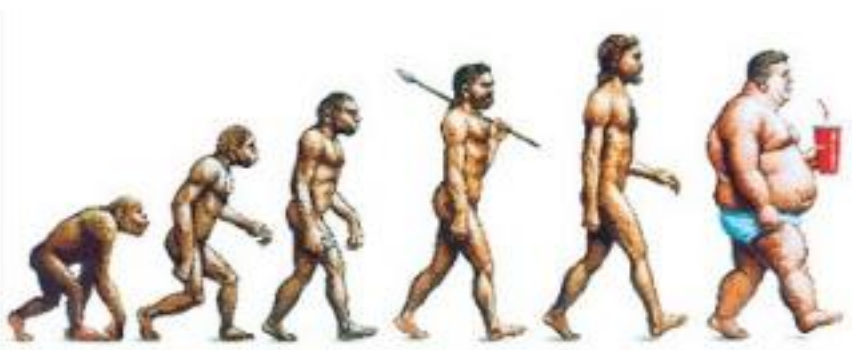
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By David Wogan | March 4, 2013 | 3



For nearly every overweight person on the planet, there exists another person that is undernourished. The United Nations Food and Agriculture Organization estimates that, as of 2012, there are 870 million people whose "food intake [...] is insufficient to meet dietary energy requirements continuously". How can these two extremes – those who consume too few calories, and those who consume too many – coexist?

America is addicted to junk food, and the rest of the world isn't far behind. Salty, sugary, and fatty processed foods are a global health epidemic, and an addiction that is becoming harder and harder to kick. These are only some of the conclusions in the new book "Salt Sugar Fat" by Pulitzer Prize winning investigative journalist Michael Moss. The New York Times has an excerpt from the book here. It's well worth your time.

Moss spent four years investigating the world of food that is meticulously engineered to delight our taste buds without overwhelming them (an optimum appropriately referred to as "the bliss point" – think of how eating Doritos is satisfying without becoming *too* satisfying), all the while contributing to an increasing number of people classified as overweight or obese.

Over one billion people on planet Earth are considered overweight based on their Body Mass Index (BMI), and of those, some 300 million are clinically obese. Think this is far-fetched? You might technically be overweight or obese. Using this handy BMI calculator, I scored a 23, which is below the threshold for





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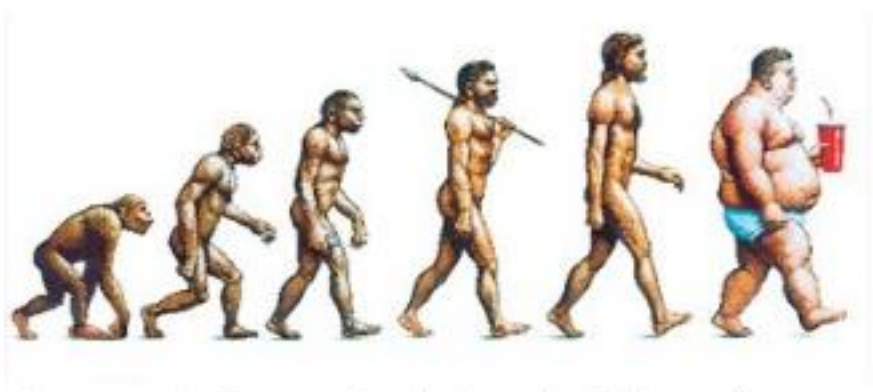
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Junk food addiction and the gap between the world's obese and undernourished

By David Wogan | March 4, 2013 | 3

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This image originally appeared on the December 2003 issue of The Economist.

For nearly every overweight person on the planet, there exists another person that is undernourished. The United Nations Food and Agriculture Organization estimates that, as of 2012, there are 870 million people whose "food intake [...] is insufficient to meet dietary energy requirements continuously". How can these two extremes – those who consume too few calories, and those who consume too many – coexist?

America is addicted to junk food, and the rest of the world isn't far behind. Salty, sugary, and fatty processed foods are a global health epidemic, and an addiction that is becoming harder and harder to kick. These are only some of the conclusions in the new book "Salt Sugar Fat" by Pulitzer Prize winning investigative journalist Michael Moss. The New York Times has an excerpt from the book here. It's well worth your time.

Moss spent four years investigating the world of food that is meticulously engineered to delight our taste buds without overwhelming them (an optimum appropriately referred to as "the bliss point" – think of how eating Doritos is satisfying without becoming *too* satisfying), all the while contributing to an increasing number of people classified as overweight or obese.

Over one billion people on planet Earth are considered overweight based on

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BY SIMON MCNEIL
ASKMEN CONTRIBUTOR
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FIRST IMPRESSION

THIS ARTICLE MAKES ME





Ever since we were little, we were told to eat our **fruits and vegetables**, and to avoid those sugary snacks that our mouths salivate for... yeah, right! Is that why more than 50% of deaths in North America (especially men) are caused by cardiovascular disease, mostly related to unhealthy eating habits?

So before giving you a list of no-no foods, here are the top foods you *should* eat.

10 foods you *should* eat:

1. Sweet potatoes. They're loaded with carotenoids, vitamin C, potassium, and fiber.

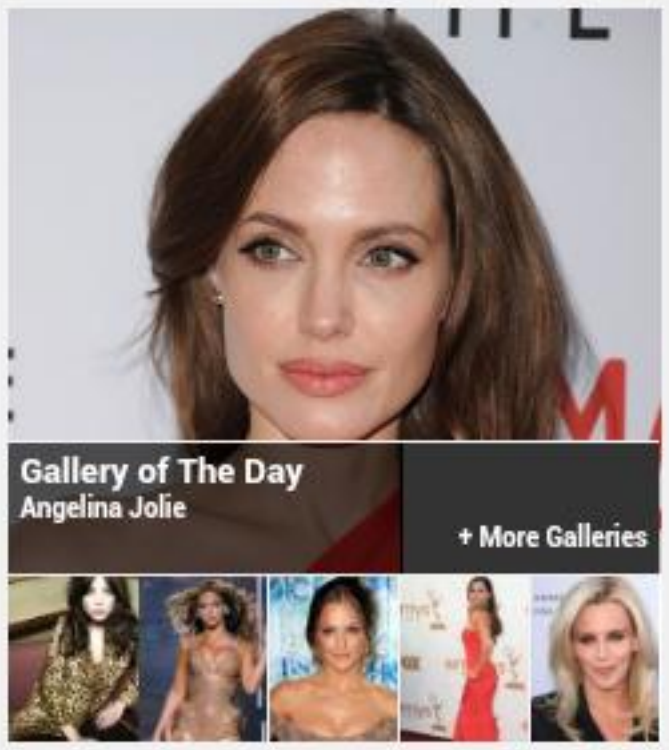
2. 100% whole grain bread contains many more **vitamins** and minerals than its white counterpart.

3. Broccoli comes packed with vitamin C, carotenoids and folic acid.

4. Watermelon makes an excellent source of vitamin C and carotenoids.

5. Beans win the inexpensive, low fat, high protein award. Plus they

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BY SIMON MCNEIL
ASKMEN CONTRIBUTOR
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FIRST IMPRESSION

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16 % SAD	11 % A BETTER MAN





Ever since we were little, we were told to eat our **fruits and vegetables**, and to avoid those sugary snacks that our mouths salivate for... yeah, right! Is that why more than 50% of deaths in North America (especially men) are caused by cardiovascular disease, mostly related to unhealthy eating habits?

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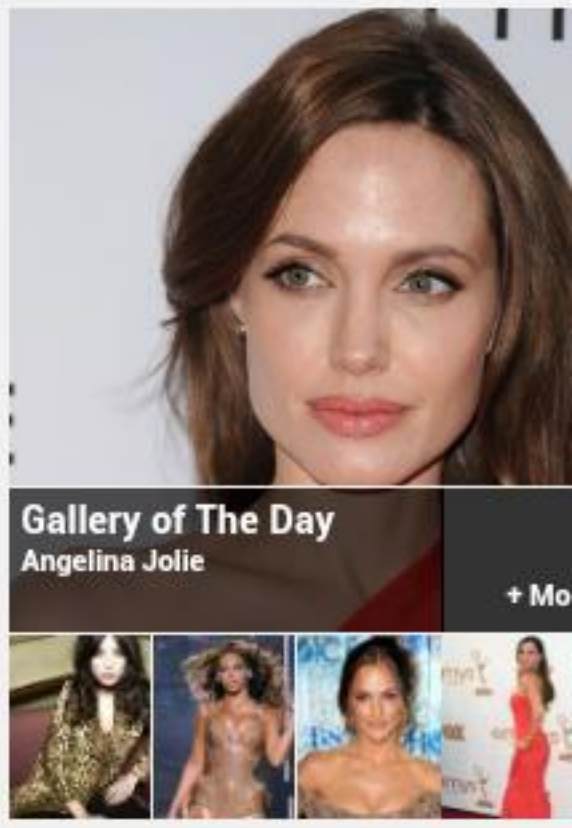
3. Broccoli comes packed with vitamin C, carotenoids and folic acid.

4. Watermelon makes an excellent source of vitamin C and carotenoids.

5. Beans win the inexpensive, low fat, high protein award. Plus they contain lots of iron, folic acid and fiber.

6. Cantaloupe supplies all the daily requirements of vitamin A and

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Is it possible to have bad food in France? Of course it is.

posted on 12 Dec 2006 by maki :: 4 comments

I think I'm guilty of waxing too lyrical about the food in France sometimes, and I'm certainly not alone in that. If you believe some people (many of whom have a vested interest in upholding the myth) you may think that French people eat delicious, fresh, well-prepared gourmet food and heavenly pastries all the time. That's just not true, of course. I'm just back from a two week stay in Provence, and while most of the food was wonderful as usual, there were some definite low lights.

The thing is, France suffers from the same afflictions as any modern nation - people are too busy, they are in a hurry, there's no time. Most of the people taking their leisurely time at the weekday morning markets are elderly. If you go to the *hypermarché* in the afternoon, there are many younger people, working people, doing the toss-it-in-the-shopping-cart-it's-edible routine that all of us do. There are tons of packaged, canned, frozen, etc. items for sale - and they must sell otherwise those *hypermarchés* wouldn't be successful. Much of the bad food in modern society is a result of people not having enough time to shop for, and prepare, and most importantly eat food slowly enough to actually taste it. When you are too preoccupied with other matters, or other matters take up too much of your energy, then food simply becomes something to fill that empty space in your belly or to keep up your energy.

There are fast food restaurants everywhere in France - as well as McDonalds and KFC and the like there are also the French chains like Quick and Flunch. And then there are the roadside diners. Granted, roadside diners anywhere generally have a tough time maintaining quality, but still - I encountered one of the worst looking so-called meals I've ever seen at an Autogrill (a roadside restaurant chain) near Lyon on the long drive back home. It was called a *Steak Haché* - which translated to 'minced steak' - a.k.a. a hamburger.

I know I know, what was I doing ordering a hamburger? What can I say, I wanted something warm, not yet another cold sandwich. Besides, several other people were eating it and it looked okay from afar. But this is what it looked like up close:



The fries smelled as if they had been fried in old oil. The hamburger had a curious rubbery, resistant feel on the surface. When cut open, the insides were....raw, as in bright red raw. At this point I somehow lost my appetite.



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HAVEN IN *Paris*



Avoiding Bad food In Paris: 5 Things You Need To Know

June 18, 2012 *by Maggie Battista*




Dinner Series & Mike Fleming

I have a friend who travels for the museums, spending each day snapping photos next to ancient art, otherworldly architecture, and every single monument she comes across.

All I can say is: pfft.

While I adore her, if you've seen one thousand-year-old building, you've seen them all, right? Okay, I'm teasing. But for me, history, art and language are pleasant fringe benefits best served on the side. Call me names and throw Monets at me, but I travel for the food.




jimmyweee & ktylerconk

In one flavorful bite, I experience history, art and years of culture passed down from generation to generation. For this humble foodie, an entire plate will tell me a story far longer and more interesting than the line at the Louvre on a free Sunday. You stand in line, *mon amie*, and I'll skip around the corner to a 500-bottle wine bar to taste and learn the history of French wine.

Sadly, all Paris food spots don't tell such fine tales. In fact, Paris food can be – *gasp*! – kind of bad sometimes. If you've dreamed of perfect *foie* and crispy *frites* on every corner, wake up, lovely. You actually do have to work for your food. And since I've narrowly escaped a lot of bad dishes, I'd like to share here five bits of advice that may help with your next visit to Paris – or any city, for that matter.

david lebovitz
living the sweet life in Paris

10 Goofy Foods You'll Find in a French Supermarket

Published on June 15, 2011



1. Mes 4 Croissants

Poppin' *fraîche* has gone global and even with over 1200 bakeries in Paris, why would anyone bother walk all the way across the street to get a fresh, buttery croissant in the morning, that only costs 90 centimes, when you can simply unroll a package of doughy crescents and never slip out of that comfy *peignoir de bain*? For all you lazy types out there, I took a bullet for you and tried them out.

And speaking of taking bullets, when I peeled back the first layer of the package, the dough exploded with a startlingly loud pop, which so shocked me that I jumped as the dough quickly expanded as it burst from its tight confines. I almost had a *crise cardiaque*.



The ingredient list was nearly as wordy as the instructions but the upside is that I learned a few words to add to my French vocabulary, such as *stabilisant* and *agent de traitement de la farine*. (*Margarine*, I already knew). As they baked, my apartment took on the oddly alluring scent of the métro stations equipped with "bakeries" that "bake" croissants this way, whose buttery odors may – or may not – be a result of some sort of *traitement*.



The Local
FRANCE'S NEWS IN ENGLISH
Jun 14, 2013
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Health

French youths have good food info and bad habits

Published: 07 Jun 13 10:39

Young people in France have worse eating habits than their older counterparts, it has been reported, despite having access to more information about nutrition and diet. Some 18 percent of French children are now classed as overweight.

French citizens in their teens and twenties may be well informed about the dietary guidelines issued by the National Programme for Nutrition and Health, but they are less likely to put their mouth where their brain is, says a report published this week.

Statistics compiled for 2011, and revealed this week, show that while only 57 percent of people in their sixties and seventies knew that one should eat five portions of fruits and vegetables a week, one in four French citizens aged 61-75 actually manage to fill their daily quota.

On paper, their younger peers were far more clued -in to the five-a-day guidelines.

As many as 71 percent said they were aware of the guideline, but only six percent actually managed to fill their plates up with the right amounts of fruit and veg.

The eating-habit divide between generations was also visible when it came to eating fish.

About 82 percent of the older generation knew what was recommended for fish consumption, while 69 percent of the younger generation were aware of this guideline.

The French are recommended to have two portions of fish in their weekly diet, and 60 percent of seniors implement that advice.

Only 38 percent, however, of those aged between 12 and 30 did the same.

The only thing the young appeared to be better at was making sure they ate enough dairy products.

Among those younger than 20, an average French person was getting 2.32 portions of dairy every day - whether through cheese, milk or youghurt.

By contrast, their older compatriots averaged about 2.14 daily.

It's not the first time the French have raised a red flag when it comes to shifts in eating habits, in a country that prides itself on its culinary heritage.

In July 2012 The Local reported how France almost topped the list of European countries who had taken to heart a US import - the burger.

The average French person is now eating 14 burgers per person per year, almost reaching the burger-munching heights of the Brits, who manage to get 17 of them down the hatch every year, according to a comparative study from the market research firm NPD.

In March, The Local reported that junk food had also moved from fast food chains into school canteens, especially at primary and secondary level.

"Junk food has installed itself in primary and secondary schools, and is developing," said a statement from consumer group UFC-Que Choisir (UFC What to choose)

pot.com/2009/07/eating-in-france-dying-inside.html

The Macho Response

Because There HAD To Be A Blog For Bright Niggas

Wednesday, July 1, 2009

Eating In France: Dying Inside



"Restaurants are very expensive. There is a range, of course, but it starts high. Way higher than neighborhood places in Manhattan, for instance. And few places are truly child friendly. The French do not much like children.



Restaurant meals are available at very limited hours. You want lunch — it had better be between 12 and 2. Miss that and you can have a snack — but only if you are in a place big enough to have a range of restaurant types. Dinner starts at 7, no matter that you missed lunch and want a burger or a salad at 5, not ice cream or a beer. And meals take forever. I like the leisurely lunch as much as any journalist, of course. But not with my kids, every day — which leaves us with grilled-cheese sandwiches, hold the ham. Oh, you can't hold the ham? Thanks.

Finally, there is a lot of bad food in France — especially around tourist sites, including the great museums. I will not say what I paid for two sandwiches and two salads — all premade so unwanted ingredients could not be removed in advance — and a few soft drinks at the Louvre, after braving the crowds to see the Mona Lisa (which attracts tour buses full of people eager to take group pictures of themselves in front of the picture). There is much excellent food, of course. But who wants really excellent food every day? Sometimes you just want to get everyone fed and get on with your activities.

The Crack Emcee

United States

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Junk Food Leads to French Obesity

abc NEWS
BEN BARNIER
LONDON, August 8, 2008

In the land of baguettes and good cheese, the consumption of chocolate bars, chips and soda is on the rise, and obesity is through the roof, at least by French standards.

More than one-third of the French are obese or overweight. A controversial memo submitted to the government recommends a tax increase on junk food to get the French back on the baguette track.

The memo from a government agency suggests raising an existing tax from 5.5 percent to 19.6 percent on products that contain too much fat, sugar or salt.

But would that deter families from buying chocolate bars, chips and soda? Not at all, says Paris-based nutritionist Dr. Arnaud Cocaul.

"The tax idea is rather stupid," Cocaul told ABCNews.com recently. "It is very difficult to say which product is good and which product is bad."

Even the Confederation Paysanne, an organization that defends traditional farmers and French-quality products, deemed the idea ludicrous. That opposition is surprising, given that the organization's flamboyant leader, Jose Bove, earned worldwide fame after he trashed a McDonald's restaurant and burned genetically modified corn fields in 1999.

"This is scandalous," the confederation's national secretary, Philippe Colin, told ABCNews.com recently, adding that it was "just another tax to fix the government's budget situation."

The government's health insurance department has a $13 billion deficit.

"You may forbid some products because they are deemed unhealthy, but you cannot raise taxes on them, especially now that the French are struggling with rising food prices," Colin said.

Inflation is one of France's top concerns, according to numerous polls. President Nicolas Sarkozy's approval ratings have plummeted because of rising prices within the past months.

Shortly after French daily newspaper Les Echos leaked the memo, the budget ministry announced that it would forbid a tax increase on food, worried perhaps about angering voters even further. Still, the ministry added that at least part of this memo will be submitted to the National Assembly for approval.

The budget ministry also said the list of products that are too sweet, salty or fat has yet to be compiled.

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Sat 22 Aug 2009

France, land of bad French food?

Posted by Paul under Books, Books on France, Food, Restaurants
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If you're traveled France for 20-30 years, you likely have Madelaine cookie-style memories of French food that are conjured up every time you have a good glass of wine or a hearty boeuf bourguignon. But, if you've been to France recently, you may also wonder if France has lost it. I always thought I could take my wife to any old French bistro and get a good meal. I sighed at her reams of articles from Vogue, Bon Appetit, and and Gourmet. Why go to across Paris to get an over-priced meal surrounded by Americans when the little place on the corner had all the classics.

The question still remains whether I changed or whether the food has gotten worse, but I now mostly follow my wife onto the métro across town because I can't tell the good from the bad looking at a menu placard in the window.

Here's a review of a new book that tries to deconstruct what has happened to France. It's a similar description to what has happened to food everywhere.

> I can't tell you how relieved I was when Steinberger's recent book, "Au Revoir to All That: Food, Wine, and the End of France" (Bloomsbury USA), came across my desk not long after we got back from Paris. For weeks, I'd been thinking it was me. After all, my memories of magnificent French repasts were a couple of decades old. Maybe they were too rosy. Maybe my palate had changed. Maybe it was because we hadn't really planned out where to eat, assuming that we'd walk into deliciousness without any effort. Maybe we were just old and out of it.
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> Even if all those things are a little bit true, reading Steinberger, a wine columnist for Slate magazine (which is owned by the Washington Post Co.) and admitted "food-loving Francophile," reassured me. Because there's more to it than that, he writes. Way more.

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Here's the thing. If you're a food expert, you'll know where to go to find tasty food in France. Joe Yonan, who runs The Post's Food section as well as this one, knows his vittles, so when he visited Paris a few weeks after we did, he planned well, used his contacts and had lots of fine meals. But if you're a casual tourist, you need to know: You're not going to find a fabulous meal around every corner. And mostly, the French don't care.

Take a look at these facts: From 200,000 cafes in 1960, France was down to 40,000 — and dropping — last year. Bistros and brasseries are likewise disappearing rapidly. Certain kinds of cheeses are dying because no one knows how to make them anymore. The wine industry is in upheaval as the French quaff less of the fruit of the vine. Forget the quaint little French outdoor market; they still exist, but the French now buy 75 percent of their food in supermarkets, just like Americans. And

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Reviewed November 25, 2012 via mobile

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We've been to this place with a couple of friends. They bought a ticket at Groupon.

Service was awful. It took an eternity to be served. Waiters were not sympathetic and had no patience.

We arrived with out coupons and half of menu was not comprised in our tickets, which is pretty annoying. We had to pay extras to have what we wanted.

Within the menu, some dishes were not available at all, which reduced dramatically our choice.

Food was just good, nothing special. But it would not worth if we hadn't had our coupons.

I do not recommend this place. Pricy, not friendly, ordinary, there are many other excellent options in Paris.

Value
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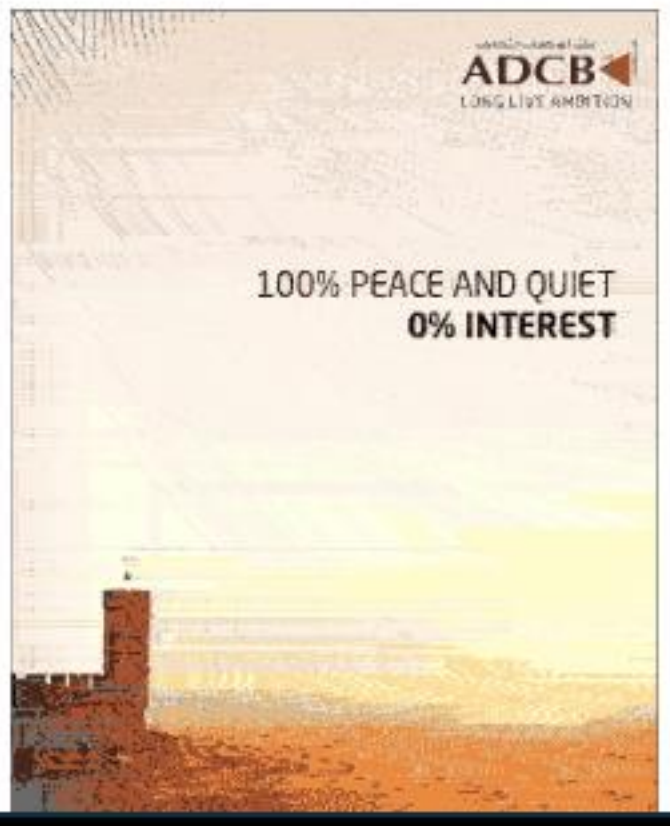
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Value
Atmosphere
Service
Food

Was this review helpful? Yes Problem with this review?

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"Wonderful dining experience!"

Reviewed November 24, 2012

We recently found this restaurant when looking for one we had been to some years ago. It turned out that that restaurant had closed and La Veranda opened a year ago in it's place. We spoke with the owner, who although verrry French, had lived in New York for two years so we were able to converse in English. He invited us to stay for lunch, and we were not disappointed! The food is an innovative blend of gastronomique and bistro and is served in a cozy, casual cafe atmosphere. A glass of wine, a wonderful dessert, a very accommodating staff - this is a place to remember. It is near Unesco, just down the street from the Eiffel Tower in a lovely residential Parisian neighborhood.

Visited November 2012

Value
Atmosphere
Service
Food

Was this review helpful? Yes Problem with this review?

Ask DancerUSA about La Veranda

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Le Bourgogne: Restaurant Reviews

Add to trip

53 Rue Bourgogne, 69009 Lyon, France
0478837665 Update restaurant details



Ranked #958 of 1,406 restaurants in Lyon
1 Review

Most recent review
"Lousy service, bad food"
- Oct 8, 2012

1 review from our community

Write a Review



Liza W
Hereford, Arizona

Top Contributor
52 reviews
24 restaurant reviews
Reviews in 23 cities
19 helpful votes

"Lousy service, bad food"

Reviewed October 8, 2012

I'll preface this by saying, I'm pretty sure this is the restaurant we went to, in Vieux Lyon. We were warned that area for restaurants was too touristy and we should have heeded that warning. Four of us sat down to dinner and didn't leave until over three hours later. 90 minutes for me to get my salad; I finally ate it when I figured out the the others' food wasn't coming any time soon. When the others did get theirs, mostly it was ok, but frankly avoid the andouillette lyonnaise (tripe sausage) like the plague - it looked and smelled like manure. I know what tripe is but that stuff was beyond the pale. Perhaps the whole thing was a joke on the part of the restaurant to see what tourists would eat. We actually saw other people get up and leave without paying but we considered that too rude...but perhaps we should have.

Visited September 2012

Was this review helpful? Yes Problem with this review?

See 5 more reviews by Liza W for Lyon

Ask Liza W about Le Bourgogne

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1-1 of 1 review 1

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Paul Bocuse, Auberge du Pont de Collonges
394 Reviews
Lyon, Rhone



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70 Reviews
Lyon, Rhone



Le Musee
155 Reviews
Lyon, Rhone



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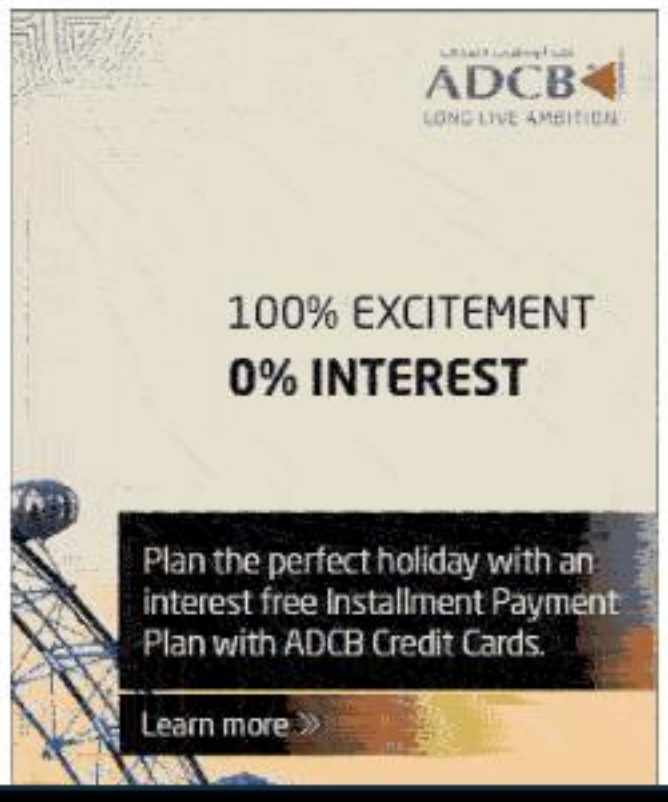
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0143260934 Update restaurant details

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Ranked #7,692 of 9,682 restaurants in Paris

20 Reviews

Neighborhood: Panthéon

Most recent review

"Bad Food, badly presented"
- Feb 14, 2013

20 reviews from our community

Write a Review

31% Recommend

Excellent	2
Very good	4
Average	1
Poor	1
Terrible	12

Rating summary

Food
Service
Value
Atmosphere

20 reviews sorted by Date Rating English first

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santiagowalking
ireland

Top Contributor
69 reviews
36 restaurant reviews
Reviews in 34 cities
41 helpful votes

"Bad Food, badly presented"

Reviewed February 14, 2013

I stopped by for lunch yesterday on my way to the airport. I always try to 'sneak in' a last meal in Paris before I head home. The latin Quarter is excellent for this as it is so adjacent to the RER B line for CDG. Also the restaurants tend to have fairly quick service if you are in a hurry to make a plane.

I went there at 12:00 midday, as I had an afternoon flight. This restaurant looked open and ready for action.

I was warmly welcomed and I ordered the €15 set-menu. First up was French Onion Soup followed by grilled lamb chops, with a glass of Rose. I chose the chops because of the 'open grill'. The soup arrived and it was Ok - nothing spectacular, just average.

The main course arrived and I have never seen such a mess on a plate in my whole life. I am expecting my grilled chops with maybe a few frites and perhaps a little sauce.

Here is what arrived = on a smallish oval plate:

a) Three decent sized lamb chops (shoulder i think). One completely raw, one medium and one incinerated. All covered with some kind of funny coloured sauce. Taste of sauce? Nothing known to man.

b) One large baked potato, oozing some white sauce stuff all over the chops (melted butter? not really)

c) A large amount of boiled rice covered in the same stuff that was clinging to the chops

d) A small handful of lettuce covered in some kind of dressing (lettuce was migrating all over the plate, as if it had been fired from some distance at the plate)

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859 Reviews
Paris, Ile-de-France
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Grand Hotel Francais
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I was hungry and I knew that I would not get to eat for a long time.
I struggled manfully for a while. Eventually I wandered over to the grill and picked up a spare plate (my waiter had disappeared) so that I could remove some of the most offensive materials (lettuce, some of the three sauces). Eventually I gave up. This was no fun.

I had fully intended to leave when the waiter eventually came over and asked if everything was OK. I told him it was the most disgusting presentation of a meal I had ever seen, never mind the flavour and the structure (potatoes AND rice????).
He very graciously offered me a replacement. Against my better judgement I accepted a small steak with frites and a pepper sauce. Standard Paris bistro fare - what could go wrong?

The small entrecôte was flavoursome and perfectly cooked. Extremely fatty, so a lot of care needed. The frites were undercooked (they even looked anaemic, before I got a chance to taste them). The pepper sauce was very watery and contained about two individual pepper corns - totally flavourless.
At this point i got l'addition, paid and left for the airport.
Never go to this restaurant. There is so much better around the area for

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Bad food and bad service - Les Capucins

Les Capucins: Restaurant Reviews

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place saint Louis, Aigues-Mortes, France

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10 visitor photos

Ranked #56 of 59 restaurants in Aigues-Mortes

139 Reviews

Price range: $22 - $30

Cuisines: French

Good for: Local cuisine

Dining options: Reservations

139 reviews from our community

Write a Review

6% Recommend		Rating summary	
Excellent	4	Food	
Very good	5	Service	
Average	6	Value	
Poor	12	Atmosphere	
Terrible	112		

139 reviews sorted by Date Rating English first

There are newer reviews for Les Capucins

See the most recent reviews



Ajanoria
Bern

Contributor
18 reviews
8 restaurant reviews
Reviews in 8 cities
8 helpful votes

"Bad food and bad service"

Reviewed October 23, 2012 via mobile

We had dinner in this restaurant. The service was really bad. They urged us to chose, them ignored us. The restaurant itself is in bad shape. And the food was really exceptional bad. Just don't go there!

Value Service
Atmosphere Food

Was this review helpful? Yes

Problem with this review?

Ask Ajanoria about Les Capucins

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duster36
Vancouver

Reviewer
5 reviews
3 restaurant reviews

"poor service, adequate food"

Reviewed October 2, 2012

We'd already tried one of the tourist traps in Aigues-Mortes the night before and it was revolting. We figured we would try this one for lunch and hoped for better luck. The place was full, there was only one waiter for the whole restaurant and he seemed completely overwhelmed. Customers were getting antsy waiting for their food. When he made his way to us finally, I asked what he recommended on the menu and he suggested

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Aigues-Mortes, Gard
Read reviews



Hotel Des 4 Vents
15 Reviews
Aigues-Mortes, Gard
Read reviews



Oliveraie De Paul
40 Reviews
Aigues-Mortes, Gard
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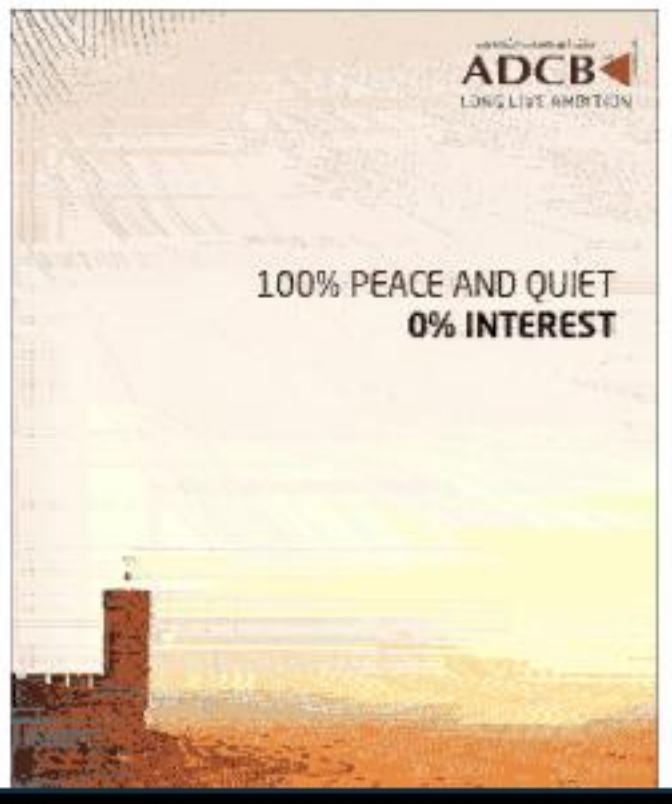
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Value
Atmosphere
Service
Food

Was this review helpful? Yes

Problem with this review?

Ask Ajanoria about Les Capucins

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Visited September 2012

Value
Atmosphere
Service
Food

Was this review helpful? Yes 1

Problem with this review?

Ask duster36 about Les Capucins

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.



Derrysal
Calne

Senior Contributor
28 reviews

"Not up to the same standard as others in the square."

Reviewed September 27, 2012

Think they try to do too many things. Pizzas were very soggy and didn't compare well to others we had in th area.

Visited September 2012

Was this review helpful? Yes

Problem with this review?

BrightonYourHealth

Healthy Living Information and Good Health Tips With A European Twist

Food Snob or Bad Manners? Why The French Might Just Be Right

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Eating take out in front of customers while working. A necessity or just bad habits?

The French say Americans are *always* eating and drinking

I hear it a lot living over in France: Americans are always eating. We eat in our cars, at work, in front of the TV and computer *and* we always have a drink in our hands, the bigger the better. Visit a typical American mall and you get to see all this in action: eating and drinking while walking.

Are the French just showing off their cultural food arrogance or do they have a point? Do Americans lack basic meal discipline? Do we eat and drink *all the time?*

Well tonight, in small town Tuckerton, New Jersey, the French might have just hit it right. Because I saw something that I haven't seen in a long time. Or maybe I am just *more* perceptive living in France for most of the year.

Something that makes me question my cultural identity. And I ask myself (and you) "Is this just a food snobbish attitude?"

Food snob or bad manners?

It started with a quick visit to the store around dinner time. I found what I needed and started to walk up to the register to pay for it. As I approached the counter there were three employees hanging out working and one Styrofoam take out container with fries and a half eaten grilled cheese sitting in it on the register's counter. One of the cashiers is standing there, eating the other half of the cheese sandwich. I am thinking, "Hmm, this guy isn't working and eating his dinner too? No, he can't be"

> *Ummm, like yeah.*

He grabs my items to buy, rings it up and while taking another bite into his grilled cheese he takes my money with his other hand.

> *And that was it.*

But it made my stomach turn. And as my 8 daughter and I walked out of the store, I turned

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About The Author of BrightonYourHealth



Mary is a registered dietitian living in Southwest France. Mom of four young kids and a self-professed foodie. She is learning Italian and loves the slow eating lifestyle in Europe.

Read More about Mary Brighton on her website: www.marybrightonyourhealth.com

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French youths have good food info and bad habits

Young people in France have worse eating habits than their reported, despite having access to more information about nut children are now classed as overweight....

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06 Friday Jan 2012

France's new tax on soda pop: Should we tax 'bad' foods?

POSTED BY KAREN LE BILLON IN FOOD, FRANCE, KID'S FOOD ≈ 1 COMMENT

Tags

france, healthy kid's food

Earlier this week, the French government passed a new law introducing a tax on sugar-sweetened drinks which will apply to soft drinks (both sugar and diet) and sweetened juices. Public health campaigners are delighted. But the tax–a minimal 1 cent per container–has been criticized as 'discriminatory' by manufacturers, who have threatened to increase prices significantly (some newspaper articles talk of 20 to 30% rises) to offset lost profits.

France joins a number of other European countries (Denmark, Hungary) which have implemented so-called 'sin taxes' or 'fat taxes' over the past few years. Critics argue that the low levels of such taxes won't deter necessarily consumption. But they will bring in a lot of revenue: an estimated $150 million for the French government–which will be welcome in the current economic climate.

In the US, the debate over 'fat taxes' heated up in the 1990s following a *New York Times* op-ed by Kelly D. Brownell (director of the Rudd Center for Food Policy and Obesity at Yale). He argued that the lower cost of unhealthy food creates an incentive to consume it: more calories for your buck. Other food writers like Michael Pollan have gone further and argued that government subsidies (notably via the Farm Bill) keep the prices of unhealthy food artificially low. But proponents of 'personal responsibility', from Sarah Pailin to Rush Limbaugh, have argued against government meddling in food choices (and personal decisions of any kind).

The French see it differently. They feel that a healthy food system and healthy eating depend on both personal responsibility *and* on social responsibility–supported by government regulation as appropriate. In my opinion, and as I've blogged on my French Kids Lunch Project, this has resulted in better nutrition for children–both at home and in schools.

What do you think? Is taxing soda the right thing to do? Is better food a question of personal

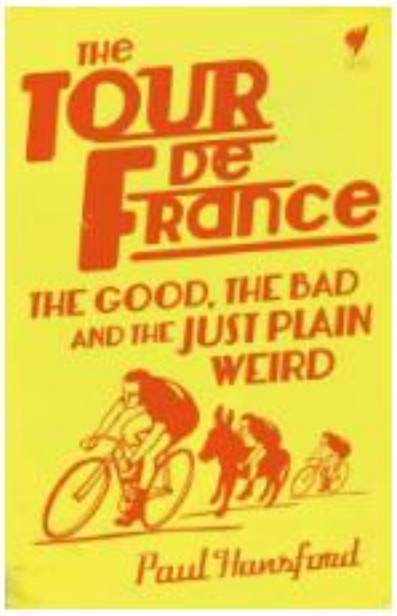
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Paul Hansford

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But how does it all work, who are the good guys and the bad, and why do many fail? For the millions of people who watch the Tour de France every year, the tactics can be something of a mystery: cyclists drop in and out of the lead, sprinters disappear only to reappear to win the stage, mountains destroy some riders and make others stars. It's the greatest show on two wheels. And Paul Hansford clarifies just what is going on and why. We learn the ins and outs of the language used, the people who have made it great, the current crop of potential winners ... and those that have brought it into disrepute. It is an insider's view, essential for any Tour de France follower.

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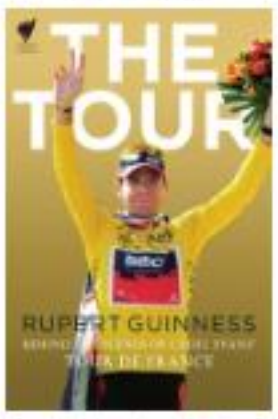
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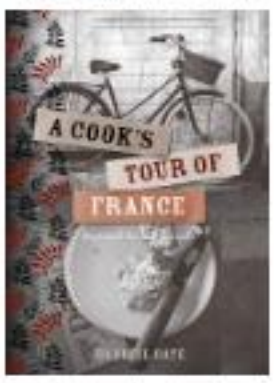
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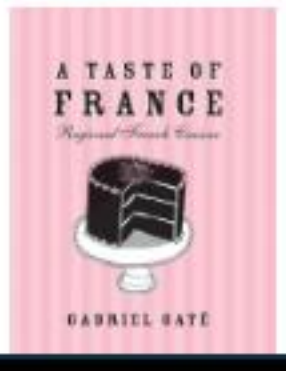
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Mauricio G
Westervoort, The Netherlands

Senior Reviewer
7 reviews
5 hotel reviews
Reviews in 5 cities
2 helpful votes

"Bad food, small room, no airconditioning at higher prices in France"

Reviewed 19 April 2013

This week I was at this hotel and experienced something almost impossible. I had bad breakfast, no enough orange juice, not enough eggs at 8:00 am, in the morning for a business hotel incredible. Dinner was also a disaster. It was a sunny day and I wanted to sit in the sun side of the restaurant. I was alone. The waitresses commanded me to seat at the darker table with no sun at all while the other sunny table was empty the whole evening. I ordered Tarbot fish but it was disgusting. The dinner was about € 40,00 for a starter (Terrine) and a piece of fish smaller than 10 cm by 10 cm. My room temeprature was too high and I discovered that the airco wasn't working. I asked reception to help with teh airco but I had a bad night. At the checking out the hotel did not charge me for the breakfast but my stay was already a disaster.

Room Tip: Don't go to this hotel when you need to be fit for business.
See more room tips

Stayed April 2013, travelled on business

Value
Location
Sleep Quality
Rooms
Cleanliness
Service

Was this review helpful? Yes Problem with this review?

Ask Mauricio G about Hotel Expotel

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SheepFajita
Horsham, United Kingdom

Reviewer
3 reviews
3 hotel reviews
Reviews in 3 cities
6 helpful votes

"Great nights sleep"

Reviewed 5 August 2011

I've used this hotel several times when on business in the lyon area. Very good service throughout the hotel and English is spoken by most of the staff. very much a business hotel but there is a nice outdoor pool and dining area. Rooms are very comfortable and quiet. I particularly liked the blackout blind which were very effective. And breakfast is faultless although the breakfast room does get busy. Only criticism would be that are only a few english TV stations and you need to pay for the wireless access, albeit only a small charge.

Room Tip: getting the right temperature in the room is a bit hit and miss.
See more room tips

Stayed June 2011, travelled on business

Value
Cleanliness

There are newer reviews for Cafe DE France
See the most recent reviews



RollinNolan

Senior Reviewer
10 reviews
10 restaurant reviews
Reviews in 5 cities
3 helpful votes

"Bad food, mean staff."

Reviewed 28 March 2012 via mobile

I did not care for this place. The menu has lots of options but none of the meals are executed well. I felt that the food was below average in taste and quality. On top of that, I felt that our waiter was not friendly either. My wife and I felt like we were more of an inconvenience than a paying customer. I don't plan to return any time soon.

Value
Atmosphere
Service
Food

See 3 more reviews by RollinNolan for Highlands Ranch

Ask RollinNolan about Cafe DE France

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A TripAdvisor reviewer on Facebook

"Homestyle breakfast place."

Reviewed 28 November 2008

Homestyle breakfast place.

This review is the subjective opinion of an individual contributor and not of TripAdvisor LLC.



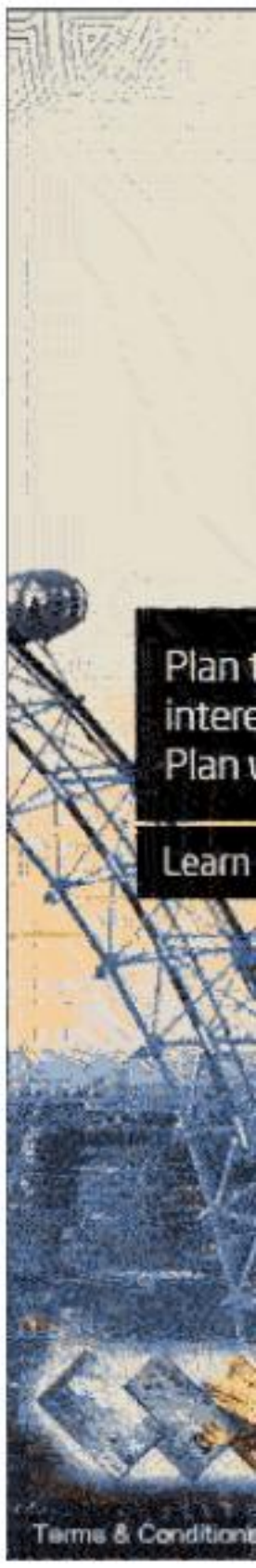
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1 review

"Snotty Staff"

Reviewed 23 March 2008

My husband and I went to Cafe De France for the first time this morning. I have heard great things about it, however we were not impressed. There was a wait,but being that is was easter morning it was to be expected. Once we were seated we found it to be very cozy, a nice quaint little place. My husband ordered Steak and Eggs, and I the Crepe Sante Fe, which had a green chile sauce. Once we received our meals, I realized that the green chile sauce had pork in it, I do not eat pork and I found it a little odd since the crepe it self had chicken in it. I asked the waitress fr some thing else, and explained that I did not realize there was pork in the sauce. She was very nice about it, apologized and said they would take the crepes off my order. At this point I was still very pleased with the place, as she was very helpful in getting the situation resolved. While we were waiting for my new order of a chicken and broc omelet, we heard what I would call the senior staff talking about why I did not have a plate. I call them the senior staff because the waitresses looked to be high school age with little to do other than wait tables, while these people were older and seemed to have more to do with the general goings on. I think the waitresses could give the "Senior staff" a lesson in manners. I heard one of them say "well, as far as I know, green chile always has pork in it", they said other things as well along these same lines. I found this to be incredibly rude. First, way to put it back on the customer, I wasn't complaining or making a scene, why not just say 'oh, I'm sorry there was confusion' or something of that nature. Second we were right next to where they were all peering into the dining room, which was a little weird in it self. I think it's always rude to speak in a negative way about your customers, but especially if they are in ear shot! I found the whole conversation very snotty. My husband and I immediately said to each other we would not be returning. Even if I had ordered a bowl of beef chili, and sent it back because I didn't realize there

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Value
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See more room tips

Stayed June 2011, travelled on business

Value
Sleep Quality
Cleanliness
Service

2:01 AM

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nch-Alimentation-Bad-food-habits-in-Mali-6326025/

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This is a listening exercice (AQA type of questions). The video is a cartoon made by a NGO in Mali (Santé Diabète) to bring awareness to people of Mali about malnutrition (in excess) and its consequence. The main character has a strong French Malien accent that some students might find d More...

for pupils

Worksheet – Video

AS French - l'alimentation - Campagne de sensibilisation au diabete au Mali.docx (26kb, Word document)

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Frozen French Fries: Good or Bad?

by Dana Angelo White in Healthy Tips, April 13, 2012

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Are frozen fries healthy?

Think a box of frozen taters are a healthier option? We'll fill you in on the pros and cons, plus give you a homemade alternative.

Good?

Frozen fries offer convenience – pop 'em on a cookie sheet and toss in the oven. Your grocer's freezer is bursting with a wide array of options in different shapes, sizes and flavorings. You can also find certified organic and sweet potato varieties.

Frozen sacks are easy to store and may be able to help with portion control – you can take out a moderate-sized portion (about 200 calories worth per person) and tuck the rest back in the freezer.

Bad?

Frozen fries are still fried! Even worse, many brands use trans fats and palm oil which aren't ideal for heart health. While fries do need a sprinkle of salt, many bagged brands have at least 15% of the daily recommendation of sodium per serving.

Homemade

While it does take a little more work initially, you can make your own frozen fries. Slice potatoes into desired shape (make them the same size so they cook evenly). Blanch in boiling water for 3 minutes and transfer to a baking sheet lined with a clean kitchen towel. Pat dry, remove towel and spread fries out in one even layer. Place baking sheet in the freezer for 30 minutes. Transfer partially frozen spuds to a freezer-safe bag and store in the freezer.

When ready to cook, place the fries on a baking sheet. Toss with olive oil, salt and pepper and bake at 400 degrees F for 30-40 minutes.

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2:04 AM

Babaduck

I love food. I love eating it, talking about it, reading about it and especially cooking it.

Saturday, September 1, 2012

Ferry Bad Food on the Oscar Wilde

We love going on holidays. It's the anticipation of packing the car with our clothes and my cooking utensils so I can make some home cooked dinners in our apartment or mobile home in France. We are confirmed Francophiles (ignoring the fact that The Hubs can only say "large beer please" in French...) and we have had many wonderful holidays there over the past 15 years. We usually get the ferry as we can fill the car to capacity with fantastic wine on the way home and I do appreciate a night at sea to prepare ourselves for the holiday that lies ahead. The only negative is the food. And boy, it's bad.

We've only ever had one ferry crossing to France where we could honestly say "that was delicious". That accolade belongs to Brittany Ferries who sail from Cork to Roscoff every Saturday. Their catering is superb - fresh fish, meat, bread... you name it, they have it and it is worth every penny. I commend their food policy and wish others would take example. Sadly, we sailed (yet again) with Irish Ferries on their flagship Oscar Wilde ship from Rosslare to Roscoff where every year we board the ship saying "the food will have improved, won't it?".



All fur coat...

Once again, we were wrong. Irish Ferries have a captive audience and either serve greasy canteen fodder in The Left Bank which makes hospital food taste like Michelin-starred cuisine or charge €30 for two courses in their flagship Le Bernardin restaurant. It takes a lot of skill to make food taste this bad and the proof is in the barely touched plates that the waitresses clear from tables throughout the evening. I knew things were bad when the fast-food hating Hubs muttered that "even McDonalds would taste much better than this crap". And he's right. A quick Twitter poll mirrored our experience. Basically, the food is dire but the drink is cheap, and you need it to wash away the taste of the grease...

Our cabin class entitled us to a complimentary breakfast this morning in Le Bernardin and at first glance, it appeared impressive but one taste had me putting my knife and fork back onto the table as it was dreadful. The pork products tasted of nothing at all, even the white pudding, and the hash brown was just a puddle of grease masquerading as a fried shredded potato cake. To be frank, it was inedible, and at almost €15, was appalling value for money. To be honest, you'd be better off stopping off at Ikea in Brest for their breakfast at less than 1/4 of the price Irish Ferries charge.

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Aoife - Babaduck

Co. Wicklow, Ireland

Babaduck started as a site to show one friend what to make for dinner, step by step and it's grown ever since. Now, Babaduck is also my business where I channel my professional expertise to offer small and medium companies a marketing & event management service. Please feel free to contact me if you're looking for a creative, yet highly organised right hand! So where did the name come from? The Hubs inspired the name - he calls me Baba & his friends call him The Duck. Simples.

View my complete profile

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Baby Food in France - Advice on what's good/bad

jumpette

Pass a Note

Hi

I am coming to France in 2 weeks and my LO is 9 months old. Usually feed a combination of home cooked and jar food, but whilst away am planning mostly jar for ease. Can anyone tell me which brands are good and if there are any that should be avoided? In the UK I use Plum, Organix mainly. I will take some with me but along with nappies and milk, will not be able to fit a whole 2 weeks supply in!

Many thanks for your help.

posted 07/07/2011

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RoseZebra

Pass a Note

Hi there,

we only ever gave my two the odd jar of food so Im not really an expert, but there isnt the same choice as in the uk. If you want to buy organic some supermarkets do Hipp organic food but not all do, I think Intermarché sell it, hopefully someone else who knows will come along and answer. Then there are the supermarket own brand, Nestle and another brand called Bledina I think. My daughters liked the fruit ones but the savoury ones were pretty bland.

One word of warning, many baby and toddler foods over here are full of sugar and chocolate, you wont find anything like organix goodies, so for ready made snacks and finger food and also cereals you might want to bring your own.

There is also organic baby food in the bio coops (organic wholefood shops) but again there isnt an enourmous range.

Good idea to bring nappies and milk as they are so expensive over here, but if you do need to buy nappies Lidl is your best bet, they are excellent nappies and half the price of other supermarket ones.

Hopefully someone else will answer as it is a while since I had to look at baby food so might be slightly out of date!

last edited 8/7/2011 5:43am BST

Illy2

Pass a Note

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junk food

n snacks *mpl* vite prêts (sans valeur nutritive)
→ junk food like hamburgers and hot dogs
to eat junk food manger des cochonneries *

Translation English - French Collins Dictionary

See also: junk, food, junk room, bar food

Collaborative Dictionary English-French

junk food	n.	la malbouffe	
eat **junk food**	v.	manger des cochonneries	
junk	n.	rebut	
junk	v.	mettre au rebut	
junked	adj.	mis au rebut	
junking	pres. part	mettant au rebut	
junk yard	n.	entrepôt de chiffonnier-ferrailleur	
junk bond	n.	obligation à risque	*[Bus.]*
junk dealer	n.	brocanteur	*[Bus.]*
junk mail	n.	courrier indésirable	*[Bus.]*
junk dna	n.	ADN génomique sans fonction codante	*[Med.]*
junk room	n.	débarras	
junk shop	n.	brocante	
junk store	n.	brocante	
piece of **junk**	n.	camelote	
The attic's full of **junk**.	exp.	Le grenier est rempli de bric-à-brac.	
food	adj.	alimentaire	
food-related	adj.	alimentaire ; lié à la nourriture	*A food-related n ...*
food-producing	adj.	producteur d'aliments	
agri-**food**	n.	agroalimentaire	*[Bus.]*
food-borne	adj.	transmis par la nourriture	*[Med.]*
agro-**food**	n.	agroalimentaire	

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How a 'Bad Food' Attitude Can Backfire

Make Peace with Your Cravings to Drop More Pounds

-- By Megan Coatley, Behavior Expert



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Do you struggle with cravings and wish you had the will power to cut out certain foods completely? When we work toward a healthy diet, so many of us think that making a list of food culprits and calling them off-limits will help us to succeed. However, if you take a deeper look at the psychology behind this flawed method, you'll see so many reasons why adopting a "good food" or "bad food" attitude will never work. Restricting certain foods won't just make dieting miserable--it can also ruin your good intentions of getting healthy and losing weight. Making arbitrary rules about good and bad food isn't the answer to lasting lifestyle change. Instead, use the tips below to build a better relationship with food, learn to master cravings, build self-control and enjoy all foods in moderation.

Stop Labeling Foods as 'Good' and 'Bad'

For decades, behavior analysts have studied the effects of deprivation on people's preferences for food, tangible items and activities. The majority of literature on this topic says that, when we're deprived of something, we're more likely to select that particular item from an array of choices. In a recent study conducted at the University of Toronto at Mississauga, researchers found that participants who were asked to restrict either high-carb or high-protein foods for three days reported higher cravings for the banned foods. So, if you label chocolate as evil and forbid it from your menu, you'll be more likely to want it in any form.

The good news is that some level of satiation (satisfying your craving for a particular food) can actually help you to avoid overindulging more often than not. If you can be conscious about your eating and have just enough of your favorite chocolate bar to satisfy that craving, you'll be much less tempted to dip into the candy jar on your co-worker's desk or buy a sweet snack from the vending machine.

This information about deprivation seems like common sense, but you've probably heard from friends or fellow dieters that the first step in avoiding high-calorie foods is putting them out of your mind altogether. Not true! Researchers are realizing that suppressing thoughts about a particular food can cause an increase in consumption of that food. In a 2010 study, 116 women were split into three groups. The first group was asked to suppress thoughts about chocolate, the second group was asked to actively think about chocolate, and the third group was instructed to think about anything they wished. Afterward, each of the participants was given a chocolate bar. The women who had suppressed their thoughts about chocolate ate significantly more chocolate than the others, despite identifying themselves as more "restrained eaters" in general. This just goes to show that "out of mind" doesn't necessarily always mean "out of mouth."

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-- By Megan Coatley, Behavior Expert





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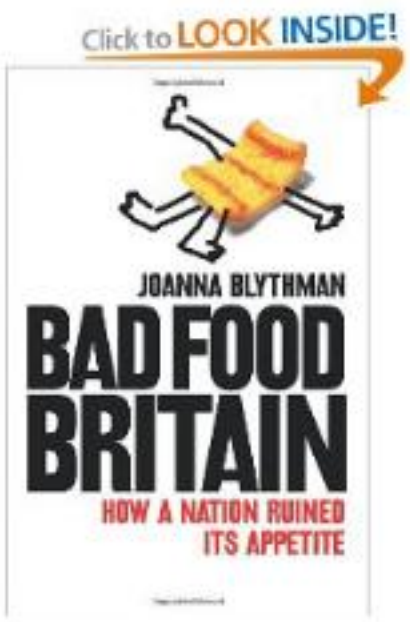


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FRANCE - Article published the Tuesday 22 February 2011 - Latest update : Tuesday 22 February 2011

Family to sue after boy dies from eating bad burgers

By **RFI**

The parents of a French teenager who died after eating bad hamburgers are suing the restaurant chain which served him the contaminated food, their lawyer said on Tuesday. Benjamin Orset, 14, from the south of France, died hours after eating in the Quick fast-food restaurant in Avignon.



Quick burgers
Arnaud25/Wikipedia

The teenager became ill after he ate two burgers on the evening of 21 January. The next morning he fell into a coma, and died shortly afterwards.

The autopsy report concluded that his death was caused by food poisoning.

Staphylococcus aureus bacteria were found in Orset's stomach, as well as in five restaurant employees and on the kitchen floor.

Quick has not officially accepted responsibility for the death, and insists that all its ingredients and production methods are safe.

The Avignon restaurant was closed following Orset's death, but reopened for business this weekend.

Quick says the branch, which was operated by a franchise holder at the time of the incident, is now under central management.

The franchisee also operated two other Quick restaurants, which have since been taken over.

TAGS: DEATH - FOOD - FRANCE - JUSTICE

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2:09 AM

There are newer reviews for COA - Cuisine of Asia
See the most recent reviews



SelviS84
Rotterdam, The Netherlands

Senior Contributor
29 reviews
12 restaurant reviews
Reviews in 19 cities
15 helpful votes

"Bad food, bad service"

Reviewed 1 November 2012

I unfortunately had a very bad experience at this restaurant. I had dinner in their restaurant located at Frankfurt Airport. The menu looks very promising and I couldn't wait until my dish was served.
The food they served was fat and overcooked/fried. I ordered a coke which had no bubbels, so it didn't taste at all.
The personnel was unfriendly and didn't speak English, which surprised me because an airport is international.
Will not be my choice when I am visiting Frankfurt.

Visited October 2012

Value
Atmosphere
Service
Food

Ask SelviS84 about COA - Cuisine of Asia

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



mssuperclean
frankfurt am main

Senior Contributor
37 reviews
14 restaurant reviews
Reviews in 21 cities
21 helpful votes

"it's all right"

Reviewed 18 October 2012

price is reasonable. they serve a wide selection of asian starters, short orders, main dishes, desserts. one has a choice of spicy or very spicy. i like particularly their tea selection - old and hot and house tea. located in downtown frankfurt, close to the shopping area and accessible to the underground train stops. a reservation is not required.

Visited September 2012

Value
Atmosphere
Service
Food

See 7 more reviews by mssuperclean for Frankfurt

Ask mssuperclean about COA - Cuisine of Asia

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



TAPS1021
Wiesbaden, Germany

Reviewer
4 reviews
4 restaurant reviews
Reviews in 2 cities

"Fast, Fresh, and Tasty!"

Reviewed 14 October 2012

We like COA because you can sample so many wonderful dishes--almost like Spanish Tapas. There are many offerings that are very reasonably-priced, so you do not have to get one 'main dish'. Interesting spices....you can request the level of mildness or spiciness of most of the entree's.

Visited June 2012

Ask TAPS1021 about COA - Cuisine of Asia

There are newer reviews for Chinitas
See the most recent reviews

"Typical bad asian food outside Asia"

Reviewed April 14, 2013

I know, I know, I shouldn't eat asian food in Central America, but I had a craving & saw the asian owner so I had a very small hope it could just be ok or even good. But I should never break my own rules (asian myself) because asian food at this restaurant is just bad. Anyone who think the asian food here is good has seriously never eaten in a good or even average asian restaurant before. Their idea of asian food in this restaurant is pour a whole bottle of soy on the dish with no other seasoning. It was so bad my husband refuse to let me try his dish! I order a chew mein & it was equally bad. However, to be fair the restaurant itself had a relaxing nice courtyard & service was fine. (Thats why it gets 'poor' instead of 'terrible' from my review) Just bad, bad asian food. My own fault for even trying or hope that it could be good, so can't blame the restaurant for serving bad asian food, I really shouldn't sit down in the first place, because unlike Japanese restaurant where if you see Japanese owner, you would usually get authentic food, that is almost NEVER the case with Malay/ Chinese/ fusion asian!!! If you must go to this restaurant, do yourself a favour & order pasta instead.

Visited April 2013

Value
Service
Atmosphere
Food

Fairyland_Goddess
Molokai, Hawaii

Contributor
19 reviews
12 restaurant reviews
Reviews in 7 cities
9 helpful votes

See 4 more reviews by Fairyland_Goddess for Panajachel

Ask Fairyland_Goddess about Chinitas

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.

"Nice location, food average"



Reviewed March 3, 2013

In most cases it is not the best idea to go to a restaurant from another continent, especially not in latin america - food is normally not very typical but customized to the local taste. Here it is a bit similar.
The food is ok - asian, but for my taste too much sauce added to the dishes.
But in no way it is a fusion of asian with guatemaltecan food as some of the the review say. They serve asian dishes, sandwiches and some local tastes as well, but no fusion of the two cuisines.
I think it is a good option if you need a different taste after some time in latin america but do not expect something special.

Visited March 2013

Value
Service
Atmosphere
Food

beach-or-mountain
Basel, Switzerland

Contributor
15 reviews
Reviews in 13 cities

Ask beach-or-mountain about Chinitas

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There are newer reviews for Asia 7
See the most recent reviews

"Really bad food"

Reviewed May 13, 2011

The quality of food has really come down drastically. Haven't been so disappointed in term food for a long long time. The sushi was only rice and a small portion of chicken (piece of tandoori chicken) stuffed into it. The main course was cold and really badly laid.

Value
Service
Atmosphere
Food

See 2 more reviews by Aashkap for Gurgaon

Ask Aashkap about Asia 7

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.

Aashkap
Senior Reviewer
7 reviews
4 restaurant reviews
Reviews in 5 cities
3 helpful votes

"Decent Food and Value for Money"

Reviewed January 27, 2011

Decent Food and Pricing. The lunch buffets are value for money. The food quality/taste is slightly inconsistent, hence an improvement there needed. The Lamb in the maincourse is always over cooked and is always mashy. The PAN ice cream is very unique and refreshing. Desert menu is limited with pastries not up to the mark

Visited January 2011

Value
Service
Atmosphere
Food

Ask gaurav013 about Asia 7

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.

gaurav013
Gurgaon, India
Reviewer
4 reviews
Reviews in 3 cities
2 helpful votes

"Nice Buffet"

Reviewed November 17, 2010

We went here for a Buffet Lunch priced at 425+taxes. The place is designed like a cafe and was kind of noisy as you would expect in a mall, there is an inside area also which is quieter. The buffet was very nice, the best thing being that food was continuously being freshly prepared behind the buffet counter and being replenished unlike other chinese buffets where stale food seems to be dumped at the counters. There was a Penang chicken and Veg thai curry which were just awesome, nice som tam salad, Sushi, dimsums. The soups werent too great though. I didnt notice any pork or lamb, it was mainly chicken. Desserts had a mousse, some pastries, darsan and a couple of icecreams, I noticed a Pan flavoured icecream which was perhaps not the best choice for an Asian buffet

SSGurgaon
Gurgaon, India
Senior Contributor
39 reviews
17 restaurant reviews
Reviews in 24 cities
35 helpful votes

There are newer reviews for Asia
See the most recent reviews

"Bad service, eatable food but not quite Chinese"

Reviewed July 14, 2012 via mobile

Soup and appetizer were ok but main courses not even close to real Chinese food especially Sechuan beef. One meal was extremely oversalted the other had no salt. Waited too long to be brought food. This is unfortunate as location and decor are good.

Value
Service
Atmosphere
Food

Ask Zagrebian about Asia

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.

Zagrebian
1 review

"good"

Reviewed June 23, 2012

Well...the sevice sometimes is not so good, but still it is one of best Chinese restaurants in the city. Atmosphere is nice and warm during the dinner. Not so good though during the lunch since they are in a basement. Food is fine, nothing special. Good to eat something different sometimes apart from standard everyday food.

Visited May 2012

Value
Service
Atmosphere
Food

Ask Jooseppi about Asia

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC.

Jooseppi
Zagreb, Croatia

Senior Reviewer

8 reviews
4 restaurant reviews
Reviews in 5 cities
1 helpful vote

"Service was abrupt"

Reviewed April 17, 2012

Most restaurants we tried were closed on Sundays so this made our choice a littel limited. Local guide books says this is the best Chinese in town. Hmm, not sure about that. Food was ok, they forgot rice course but still charged for it on the bill, taken off once pointed out. Ribs were poor, sizziling steak good but small qty. Prawn crackers expensive for only 5 pcs. Maybe staff were a little occupied with a group of Asian travellers that appeared as a group booking, but not an excuse for not being friendly. Would not go back

Visited April 2012

iforres
Kent

Contributor

16 reviews
3 restaurant reviews
Reviews in 8 cities
41 helpful votes

There are newer reviews for Asia Spice
See the most recent reviews



sr480t

Reviewer
4 reviews
4 restaurant reviews
Reviews in 3 cities
2 helpful votes

"Bad food, bad service!"

Reviewed 1 January 2012 via mobile

Naan bread was out of a packet, aubergine curry was not even through properly (very easy dish to cook). Asked for all of the dishes to be extra spicey, none of them were. Asking for anything out of the norm, like an extra plate or a jug of water took forever to get after we asked 3 times!

Value
Atmosphere
Service
Food

Ask sr480t about Asia Spice

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



Khorshad

1 review

"Delicious and best"

Reviewed 25 September 2011 via mobile

I went this restaurant last week with my friends to celebrate my birthday party their food was really delicious. They give us excellent Service I can say that this is really appreciated. I liked this very much I'll go there again.

Value
Atmosphere
Service
Food

Ask Khorshad about Asia Spice

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



Anthony197

1 review

"Terrible"

Reviewed 30 July 2011 via mobile

Had a group of friends over and we ordered around 12 dishes from this restaurant for delivery, after reading they won an award, I was expecting something good.

Food arrived within an hour as they said it would. Delivery driver was nice and friendly.

4 people had Korma dishes and every single person commented on how watertered down it was, mine was running all over the plate and made my naan bread soggy.

I decided to phone hoping they could send us something better, I mistaken, the person on the phone was not interested and said well we

There are newer reviews for Tin Drum Asia Cafe
See the most recent reviews

"Big bowls of bad food."

Reviewed 17 November 2011 via mobile

We've been here 3 times, hoping this place would get better since it's close to home. No such luck. Servings are big but hardly worth eating. So now we go to Panera across the street when we want a quick lunch.

Value
Service
Atmosphere
Food

See 4 more reviews by bookbinder303384703 for Atlanta

Ask bookbinder303384703 about Tin Drum Asia Cafe

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC

bookbinder303384...
Dunwoody, Georgia

Senior Contributor
31 reviews
27 restaurant reviews
Reviews in 12 cities
12 helpful votes

"flavourless cardboard-like asian food makes me miss TO's china town"

Reviewed 26 March 2009

flavourless cardboard-like asian food makes me miss TO's china town

Ask MichaelNAtlanta about Tin Drum Asia Cafe

This review is the subjective opinion of an individual contributor and not of TripAdvisor LLC.

MichaelNAtlanta

Reviewer
3 reviews
3 restaurant reviews

"not asian, not even very good"

Reviewed 23 June 2008

I went for a late lunch just before 2pm, there were only a few customers, but still it took 15-20 minutes for just 1 dish. When it came, it was so unbelievably poor tasting. I have traveled extensively in Asia, and have not missed many chances to try any asian restaurant here in the states, but this is NOT even close to anything I've ever seen. It was edible, but so wierd. I ordered a noodle stir-fry, and it came out so heavily seasoned it looked like italian spaghetti (not spicy, I think it was paprika, ketchup and vinegar). Yuck.

See 2 more reviews by dds200 for Atlanta

Ask dds200 about Tin Drum Asia Cafe

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC

dds200
Midwest

Senior Contributor
31 reviews
21 restaurant reviews
Reviews in 19 cities
37 helpful votes

3-5 of 5 reviews

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Value
Service
Atmosphere
Food

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MichaelNAtlanta

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Food in Asia: The Good, the Bad and the Not So Appealing

May 24, 2012

In the first of a series, Sandy reviews our food experiences. We start with Asia.

« PREVIOUS | START | STOP | NEXT »



Laos: Making Noodles in Hat Sa





« PREVIOUS | START | STOP | NEXT »

May 22, 2012

One of the great pleasures of traveling is the food. During our time in Asia we have eaten a variety of food in the countries we have visited. Some of it was very different. While there have been times during the past two months that things did not agree with us, we have stayed relatively healthy. Here is a country by country summary of our food experiences to date:

Singapore

This city-state is known for its diversity and the food reflects that. We ate regional food in Little India, Arab Street and Chinatown. Our favorite food experience was the night time satay market. Here in a parking lot underneath a sea of 50 + story buildings, a series of satay stalls are set up each night. As you walk into the area vendors from each stall call out to try to get your business. There are about 15 stalls, all numbered, but with some type of adjective in front to differentiate one place from another. For instance,

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Central Asian Food: The Good, the Bad, and the Inedible

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Filed Under: Central Asia, Food by Daniel Noll and Audrey Scott

"Mystery vegetables are better than mystery meat."

– the mantra we adopted after eating Central Asian meals for over three months

Although we would not advise an exclusively culinary expedition to Central Asia, the region does have its appetizing moments. Surrounding those moments, you'll primarily find a nomadic carnivore's dream or a vegetarian's nightmare.



We're told that nomads eat whatever is near. Traditionally, this meant a horse or a sheep. Not much has changed. That mindset seems to have been adapted to today's modern table with a twist of lingering Soviet influence. In this piece, we hope to share a little bit of the flavor of Central Asian cuisine.

If you'd like to jump ahead:

- Regional and Country-Specific Specialties
- Meals of Salvation and Desperation
- Central Asian Eating Experiences of Note
- What to Pay for an Animal at the Market

From the port of Turkmenbashi, Turkmenistan to the eastern fringes of the Torugart Pass in Kyrgyzstan, you'll never be far from any of these Central Asian food staples:

Plov – Uzbek in origin. Think rice pilaf with fried julienned carrots, red pepper, caraway seeds, and chunks of meat. ***Plov*** is so ubiquitous throughout the region that self-described local connoisseurs can discern differences that are imperceptible to foreigners, much like the relationship Americans have with pizza and chili. We'll keep our radar tuned for the first Central Asian *plov* cook-off.

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Life and style

Sunday 10 July 2005 13.12 BST

If MSG is so bad for you, why doesn't everyone in Asia have a headache?

Alex Renton

In the port city of Yokohama, south of Tokyo, there is a museum devoted entirely to noodle soup. It may be Japan's favourite foodie day out: one and a half million ramen fans visit the museum every year, and even on the wintry morning that I went the queue wound 50 yards down the street - young couples, mainly: cold, hungry and excited.

Inside the Yokohama Ramen Museum and Amusement Park they meet exhibitions on the evolution of soup bowls and instant noodle packets - more fascinating than you'd think, but these are not the main event. That's deep in the basement, where there's an entire street, done up to look like a raucous 1950s Yokohama harbour-front. Every shop houses a different noodle restaurant, each a clone of one of the best noodle shops of Japan. It's a culinary Madame Tussauds.

The Japanese are sentimental about their noodle soup - it's the working-class food that nourished the nation in the bleak days after World War Two. Ramen chefs are TV celebs, in a country that devotes more broadcast time to cookery than even we do. I asked the young pilgrims just what they valued above all in ramen. They sniffed the tangy air, Bisto-kid style: 'The basis of the experience is the broth,' was the consensus. In the great Japanese cod-Western Tampopo - the only movie to take noodle soup, sex and death with equal seriousness - a ramen guru announces that the key to Japan's national dish is that 'the soup must animate the noodles'.

What does chiefly animate Japanese soups and broths is an amino acid called glutamate. In the best ramen shops it's made naturally from boiling dried kombu seaweed; it can also come from dried shrimp or bonito flakes, or from fermented soy. More cheaply and easily, you get it from a tin, where it is stabilised with ordinary salt and is thus monosodium glutamate.

This last fact is of little interest to the Japanese - like most Asians, they have no fear of MSG. And there lies one of the world's great food scare conundrums. If MSG is bad for you - as Jeffrey Steingarten, the great American Vogue food writer once put it - why doesn't everyone in China have a headache?

Adventu.
adventures-in-good-food-and-bad-word-choices/

An American in Asia

Adventures in good food and bad word choices

5

POSTED ON MARCH 7, 2013 BY AN AMERICAN IN ASIA

Last night I went out to get Korean food with my friend/한국어 tutor, Pius. (It has become almost impossible to follow all of your blogs without craving it constantly. You guys are killing me. For shame). Thank goodness I'm in Dallas with all its little country-pockets and not in the snowy homogeneity of home. My second visit to 단성사 was a great success. The food was perfect– all I've been craving–and more, as Pius insisted on ordering almost everything on the menu. Chatting about Korea was enjoyable– well, up until:

Pius: I eat a lot of eggs, and –
Me: ...우유!
Pius: ... *stare of absolute confusion* ... That's milk.
Me: ... oh. ... I have incorrect vocabulary tourettes.

Things to put in mouth:

• Delicious 떡볶이

• Foot.

Really, It is odd enough to be so excited about knowing a word that you blurt it out– but, for heaven's sake, if you must do so, please pick the right one.

Luckily, I don't think he's disowned me quite yet, and the rest of the night was delightful.

Plus, all the gorgeous 김치 지게 I've squirreled into the fridge will keep me impervious to your tantalizing posts for a bit! (Come at me, bro!) :)



mmmm

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Asian Junk Food Alert! Meiji Strawberry & Chocolate Yan Yan & Why Are Sandals For Men Bad?

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POSTED Feb 10th, 2012 | AUTHOR junkfoodguy | DISCUSS 3 Comments | CATEGORY Cookies, Crackers, Sweet

Junk Food Nation, I have a statement and then a question. The statement: I LOVE SANDALS. I do. I have a few pairs of Havaianas and Rainbows and I wear them proudly. Maybe it's because I like sun on my feet, or sand between my toes, or I just plain dislike shoes. But I like me a pair of thong sandals.

The question: why, Why, WHY is it whenever I see an article written by GQ, InStyle, fashion mags, clothing blogs, Do's and Don'ts, articles written by men, written by women, written by experts, written by bloggers – they all say that men SHOULDN'T wear thong sandals? WHY? No, I'm not going link to any articles. Google it yourself, Lazy. There are numerous, hundreds, thousands of posts out there regarding this topic.

And I don't get it. They MAKE these sandals for men, so clearly it's not like thong sandals are ONLY worn by women. And plenty of guys wear them! So what is it? Do they look bad? Tacky? Immature? It makes no sense to me. Some articles say men should NEVER bare their toes. Some say thong sandals are bad, but flip flops that look like these are OK. What!?

So help me out, Junk Food Nation. Why are thong sandals bad? Until I get a definitive answer, I'm rockin' these toes out there without hesitation. And I have some effing nice toes, JFN.

Today's just food is another Asian snack given to me by my friend Angela: Meiji's Strawberry and Chocolate Yan Yan!



The Money Shot

Meiji is an Asian snack food company that I've discussed before on this blog. It's like the equivalent of Frito-Lay in Asia. Errr....I think. Like I indicated before, "Meiji's website is another confusing mixture of bad

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Asian Junk Food Alert! Meiji Strawberry & Chocolate Yan Yan & Why Are Sandals For Men Bad?

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The obvious question is, WHAT IS YAN YAN? The answer: It is apparently this guy.

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BLOGS

Are high food prices good or bad?

POSTED BY WANG WEIJING ON 7/11/12 9:37 AM
THIS ITEM IS VISIBLE BY The World (e.g. Google)

People normally think high food prices are bad, or at least bad to net consumers, although good to net producers. As many small holders and the poor are the net consumers, they are vulnerable to high food prices. The memory of 2008 food crisis is still fresh to many people: the high food prices exaggerated poverty and pushed more than 100 million people into hunger in 2008 (WFP, 2008).

In the recent south-south cooperation workshop in Beijing however, it was argued that high food prices were not always bad. When the prices go up, it hurts farmers, but farmers will quickly have coping strategy and produce more. They become producers and benefit from the high prices.

This opinion is likely to be consistent with Chinese government's food prices policy. The objective of food price policy is to keep the food prices growing moderately. The rationale is to provide enough incentives for farming, and gradually increase farmers' income, but not too radical to cause food crisis.

I think it seems a good blueprint but the question is how well for government to create an environment to allow the prices grow moderately? And if there is a pressure of volatility of food prices , how well could the government, the community, the producers and the consumers prevent and prepare for it?

Chinese government already has big state-owned enterprises (SOEs) to help smoothing market prices. The mechanism is not complicated: when the prices are low, SOEs buy food, and when the prices go up, they sell foods to the market. Through the adjustment of food supply in the market, the food prices can be partly smoothed. Now these SOEs focus on grain and pork which are the most important food for Chinese people.

Another prices intervention is to launch "minimum purchasing prices" (MPP)mechanism. Essentially every year the government issues indicative prices for wheat and rice respectively. If the market prices are higher than the MPP, the transaction will be market based; otherwise government will buy wheat/rice by the MPP. Some people argued that the MPP mechanism distorted the market. However, the MPP was never really launched/used because the market prices are always higher than the MPP. So I think so far this policy is effective in providing incentive and confidence for farmers and markets as the prices set seem lower than the equilibrium. But it is still important to have such a policy to hedge the loss of farmers.

Shall government have policies to prepare cash transfer for the most vulnerable

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J_Bad76
Doha, Qatar

Contributor
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"Prety Average hotel - but bad food."

Reviewed 20 June 2010

Hotel location is decent enough...facilities are ok..although some are chargeable like the pool tables. The food is bad...bad is not the word for it.....too bad! The service if below average...waiting for tea for 15-20 mins during breakfast and then having to go get it yourself after squabbling with the waiter is a pathetic way to start your day. The rooms are average...no frills. Lots of insects in the lawn...so if you have small kids .. they can get a bit hysterical....

Overall..average hotel but avoid the food....packaged food tastes better. Not value for money at all....

Stayed June 2010, travelled with family

Value
Location
Sleep Quality
Rooms
Cleanliness
Service

Ask J_Bad76 about Asia Health Resorts

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



MohitPatiala
patiala

Reviewer
4 reviews
4 hotel reviews
Reviews in 4 cities
1 helpful vote

"nice"

Reviewed 18 June 2010

Hotel offer best service and support. Location is very good, food was amazing. The staff is very co-operative and helpfull.

Stayed January 2010, travelled with friends

Ask MohitPatiala about Asia Health Resorts

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



Singh99
Ludhiana

Senior Contributor
41 reviews

"Nice Hotel but Could be Better."

Reviewed 17 June 2010

Very Nice Property . Located in Hills of Dharamshalla . But hotel is not Spacious .
Rooms are very dingy and Cleaness is a problem . Hotel can have better amineties and improve upon the Services. But Location is Terrific.

Stayed August 2009, travelled on business

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CHINA FOOD SAFETY: From bad eggs to foul fowl

ASIANEWSNETWORK

Grace Ng
The Straits Times
Publication Date : 01-01-2013

What used to be finger-lickin' good chicken for Chun Qing, 41, is now yet another food item to shun.

Her newfound fear over KFC meals was sparked by news last month of poultry farms in northern China - including one that supplied meat to the global fast-food chain - stuffing their birds with antibiotics and growth hormones.

Two farms breeding these "fast-growth chickens" - that go from eggs to ready-to-eat meat in 45 days - were shut down last month.

"I've stopped eating chicken produced in industrial farms. Occasionally, to satisfy my cravings, I'll eat chicken bred in my family's village home," said Chun, a freelance writer living in Beijing.

The KFC saga, which has dented the fast-food chain's business, is among several food scares to have hit China last year. Other cases include chemical-laden liquor and toxic medicinal pills.

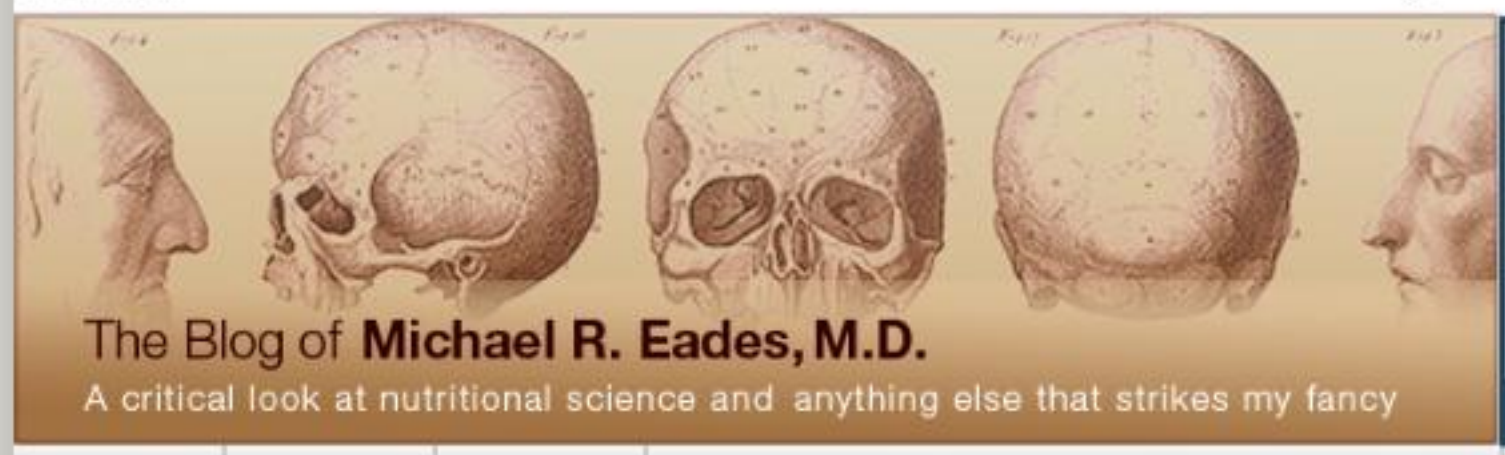
No deaths or mass poisoning cases have been directly linked to the latest bout of food scandals, unlike the melamine-tainted milk crisis in 2008 that killed six infants and sickened some 300,000. But they have nonetheless heightened public jitters.

"This unending stream of food scandals is plunging the Chinese people into 'deep water and fire'... We may all collapse one day from the food we eat," lamented one netizen, Wen Nuan, on the Sina Weibo microblog site.

Eager to appease an increasingly vocal and demanding public, the Chinese authorities have pledged tougher action.

Shanghai and Beijing last week announced new measures to blacklist companies violating food safety laws, news agency Xinhua reported. The planned laws, which will be released this year, will block companies caught using banned substances in food or illegally producing and selling banned food additives from operating in the two cities.

Other cities may follow suit as the central government has set a five-year action plan to crack down on food scandals, a major step forward to clear China's alarmingly poor food safety track record, analysts point out.





17210 readers
BY FEEDBURNER

Junk food in Asia

14. October 2007, 12:11 Uhr | Fast food/Junk food | mreades | 31 comments



The above pictured monstrosity will probably be showing up at an event near you soon. It's a hot dog covered with chunks of French fries then coated with batter and deep fried. And it ain't something I read about at the Indiana State Fair, but a commonly sold item on the streets of Seoul, South Korea. (Click here for more photos)

French fries aren't the only thing that coat hot dogs in Korea. Kiosk vendors

> wrap them in bacon, mashed potato, corn batter or what looked to be seaweed then invariably deep fry them.

And God only knows what kind of oils they're deep fried in.

Remember this post the next time you recommend a low-carb diet to someone, and that someone tells you that Asians live longer because their diet is primarily rice.

On another note, there are a number of comments that I haven't gotten to yet and probably won't until late tonight. I scored tickets to the Dallas – New England Patriots football game today in Dallas. If you watch the game and the TV pans the crowd, look for me (along with wife, son and two grandsons) on the 45 yard line about 6 rows up on the Dallas side. Right now New England is a 4.5 point favorite – if you're smart, you'll take Dallas and the points. That's what I'm doing.

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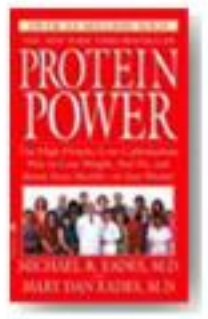
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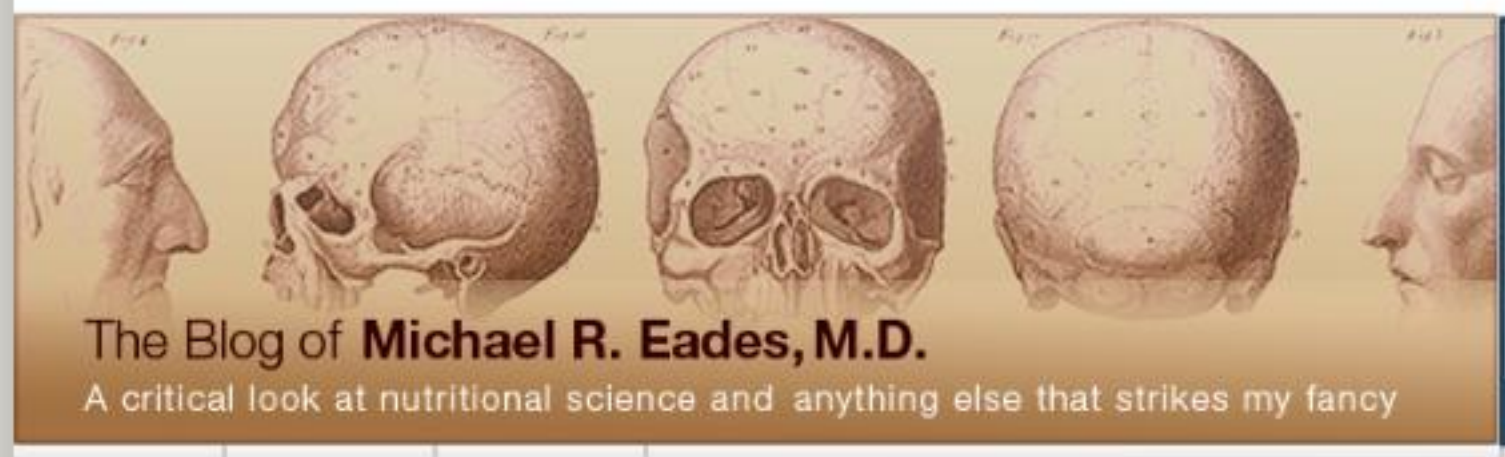
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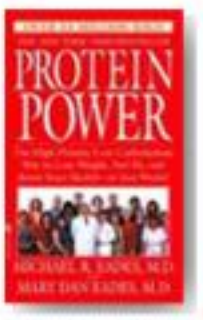
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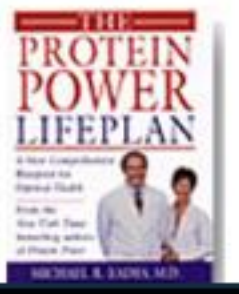
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FEATURE STORY

Food Security in South Asia

October 22, 2012

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The Food Crisis continues to have effects on food and nutrition security throughout South Asia.

STORY HIGHLIGHTS

- *Global food prices increased 10% between June and July 2012 with staples such as wheat increasing 25%.*
- *In South Asia, households who previously were living not far above the poverty line are likely to have fallen into poverty as the result of higher food prices.*
- *The World Bank is supporting Agriculture and Rural Development (ARD), with a project portfolio of $5.8 billion dollars to improve food production and security.*

According to the latest Food Price Watch, global food prices increased 10% between June and July 2012 with staples such as wheat increasing 25% in the period. The crisis continues to have effects on food and nutrition security throughout South Asia. Bad weather, trade curbs, oil prices and bio-fuel diversions have all led to higher food prices, which destabilizes the incomes and food security of millions across the region.

While rising food prices risks higher core inflation in the developing countries, the volatility proportionally squeezes the poor with considerably detrimental effects for their nutrition outcomes. José Cuesta, Senior Economist at the World Bank said, "food prices increased sharply in the month of July...we see that the effects on poverty can reach up to 20% and the impact on the performance of children in school, their development and growth are not only transitory but can last a lifetime."

Studies in the last few years in Afghanistan and elsewhere have confirmed that rises in the cost of food have led to a switch in consumption from nutrient rich foods, such as vegetables, meats and other proteins to nutrient-poor staples, such as rice and wheat. There is also evidence of children's food intake being protected, typically at the cost of women's consumption. When the effects of the crisis are more severe, households may also sell productive assets, take children out of school, and reduce expenses on health. "The poverty and nutritional impact of food price spikes on the poor is significant since they spend a larger fraction of their income on food than relatively better off individuals," said Kalpana Kochhar, Chief Economist of the South Asia region of the World Bank in the South Asia Economic Focus on Food Inflation

While these are not preferred outcomes, they are sadly a reality for the many poor households that face rapidly fluctuating prices. Another South Asia report, Food Price Increases in South Asia: National Responses and Regional Dimensions found that households who previously were living not far above the poverty line are likely to have fallen into poverty as the result of higher food prices.

To continuously monitor such fluctuations, the World Bank's Poverty Reduction and Equity Group produces its quarterly Food Price Watch which is complementary to the Food and Agriculture Organization (FAO's) GIEWS Country Briefs on Food Security at the country level

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2:20 AM



Why no Korean restaurants on Asia top 50 list?

by BOBBY MCGILL *on* MARCH 10, 2013
in SOUTH KOREA

Food blogger Tom W., writes in the Wall Street Journal about why South Korea made no appearance on S.Pelligrino Asia's 50 Best Restaurants awards, held in Singapore recently.

Mr W. discredits the list as a marketing stunt and "flawed on its face" –none of Beijing's lauded restaurants appear on the list, for example– but he does offer some interesting insight on the ROK's absence from the list.

> ...having eaten at roughly half the restaurants included I find it unsurprising that Korea doesn't feature at all. This is because the Korean restaurant scene is far behind its regional peers.
>
> In Hong Kong, Singapore, Tokyo and elsewhere there is a focus on authentic but progressive cooking with a respect for the ingredients. Here in Korea the choice at high-end restaurants is between reconstructions of bad Western, Chinese or Japanese food, or traditional Korean food where the emphasis is on the display of wealth and variety of ingredients rather than the quality of the food.

While I have had some decent 'reconstructions' of non-Korean food, the pickings *are* pretty paltry for foreign cuisine –and may the heaven's open up and shower me in the glory of some good Thai or Vietnamese food someday down here in Busan.

You can read the rest here.

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yangachibastardo March 10, 2013 at 7:41 pm 1



Well the San Pellegrino (the water company ?) dudes are the same guys who awarded this crock of shit as the best restaurant in the world

cm March 10, 2013 at 9:47 pm 2

I found the article spot on. The Korean culture itself is to blame for lack of quality in fine dining. Korean people's ideal of fine dining is eating at samgyupsal house and drinking soju with the colleagues until stupor. Either it's the tacky bells beside the tables or it's the old familiar shout of "ajumma!" that calls the unattractive middle aged waitresses over for service. Korean people are not open minded when it comes to food, especially the older generation (it's getting better with the younger generation but still..). They don't want to try other cuisines other than Korean food, so I'm not surprised why there lacks variety and quality. There's only so many ways you can make kimchi chigae. And I'm not

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Southeast Asia

Lack of food standards leaves Vietnam with a bad taste

By Nguyen Nam Phuong

HANOI - Vietnamese cuisine rates several stars among gourmets around the world, but these days the Vietnamese themselves are getting a bit wary of eating even their best-loved dishes.

In the last several months, food scares ranging from poor hygiene to unsafe chemicals added to dishes or used to preserve the ingredients have swept the country.

A few weeks ago, the public was in an uproar following revelations that seven out of 10 rice noodle factories in the capital, Hanoi, were putting formaldehyde in their products. A similar investigation in Ho Chi Minh City found six out of nine noodle manufacturers doing the same thing.

International conventions ban formaldehyde in food as it is believed to accumulate in the body and cause liver, nerve and kidney damage. Explanations for the use of the chemical in *pho* (rice noodles) ranged from preservation, to giving the noodles an appealing sheen and making them chewier.

The news that manufacturers were churning out tonnes of formaldehyde-laced noodles made even the most dedicated *pho* eaters stay away from their favorite dish, which is usually served in a broth with chicken or beef and a variety of herbs.

The government has since announced that all noodle producers will be required to obtain licenses. Those that insist on operating illegally will be punished. Although consumers have lauded the government action, some say the move is yet another knee-jerk reaction to a recurring problem that needs a comprehensive solution. Indeed, they say, there are simply no food safety standards and regulations that could prevent Vietnamese food from becoming a health risk.

According to the Food Safety Control Bureau, there were 295 food poisoning cases reported last year involving 6,953 victims, of whom 65 died. This was an increase from the previous year's figures of 270 cases with 6,700 victims and 41 deaths. Nearly 40 percent of the cases last year were put down to bacteria, while more than 17 percent were the result of chemicals used for food preservation. Natural poisons such as those found in certain mushrooms and fish accounted for another 17 percent.

Most of the country's food mishaps have occurred at collective cooking places such as in factories, schools or weddings. In one case last September, 600 workers at a factory in southern Vietnam producing Nike shoes were taken to hospital. They were found to have eaten a kind of poisonous mushroom in a vegetarian meal.

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Street Food in Asia

Some of the Best Food in Asia is the Cheapest!

By Greg Rodgers, About.com Guide

Eating street food in Asia is a local way of life. From quick snacks to entire meals, you can often find the cheapest meals and most interesting cultural experiences by skipping the tourist restaurants and instead visiting the ubiquitous carts that line the streets of Asia!



A busy street food cart in Asia

Photo by Greg Rodgers

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What is Street Food?

Sometimes called hawker food, noodle carts, street carts, or hawker stalls, street food is served from simple carts that usually specialize in one dish or only a small handful of offerings. Because the cook solely prepares the same dish night after night, they master it well.

Don't expect a restaurant experience! Eating street food in Asia is about one thing: the food. With the exception of food courts where many hawker carts set up under one roof, you may find yourself perched on a simple plastic stool or even sitting on the dirty curb. Without the need to pay for real estate or hire staff, street food vendors have low overhead.

Time and energy are rarely wasted on ambiance; instead, the cook focuses on serving great food

Fears grow of a looming food crisis in east Asia

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Michael Richardson

US drought and middle-class demand point to shortages, MICHAEL RICHARDSON writes

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When Indonesia announced last week that it would suspend an unpopular import tax on soybeans for the rest of the year to restrain a sharp rise in the price, it underscored nervousness rippling through east Asia about a repetition of the global food crisis in 2007-08.

At that time, escalating food prices sparked protests and riots in nearly 50 countries, mainly developing economies in Africa, the Middle East and Asia. Since then, further food price inflation and downturns in many economies have kept food security at the forefront of government policy. The World Bank estimates that almost one billion people now struggle to get enough to eat, reversing decades of slow but steady progress in reducing hunger.

For east Asia, a new round of food price hikes would have a double impact, not just on the poor but also on a rapidly growing middle-class with high expectations of further improvements in living standards.

Unlike in 2007-2008, rice - the staple food of millions of Asians, especially the poor - is in ample supply. In fact, the impact of any new food price crisis might be hardest on the emerging and politically vocal middle-class whose appetite for meat, poultry, eggs, dairy products and farmed fish fed on grains and legumes is a major driver of the recent rise to record levels in the global prices of corn, wheat and soybeans.

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Prolonged summer drought in the United States, the world's largest exporter of these commodities, lies behind the recent surge in prices. It follows dry spells that badly damaged the soybean crop in South America and the wheat crop in the Black Sea region. The US ships huge quantities of grains and soybeans to east Asian markets, including China, Japan, South Korea and Indonesia. In the latter, imported US soybeans are much cheaper than the locally-grown legumes used to make widely-eaten tempe and tofu.

However, the vast majority of east Asia's grain and legume imports goes into animal feed, following the discovery by animal nutritionists that combining one part soybean meal with four parts grain dramatically boosts the efficiency with which livestock and poultry convert grain into animal protein.

It is possible that scattered rain across some of the US grain belt last week could spread, breaking the drought. It would come in time to prevent further falls in soybean output but too late to prevent extensive damage to the corn crop. In east Asia, China would suffer most from continued dry weather in the US as it is the world's biggest importer of soybeans.

China is forecast to import almost 60 million tonnes of soybeans in the year starting on October 1, accounting for nearly 60 per cent of the international trade in 2013.

Japan and South Korea are among the top corn importers, with China fast catching up as its dependence on food imports grows. The US Grains Council says that China could soon overtake Japan as the world's top corn importer.

The *China Daily* reported on July 25 that China's imports of corn, wheat and rice rose by more than 40 per cent in the first half of 2012 to almost 41 million tonnes, as resilient demand and changing diets fuelled the increase even as the country's other commodity imports shrank , pulled down by a slowing economy.

As recently as 1995, China was basically self-sufficient in soybeans. Today, imports account for 75 per cent of its soaring consumption as rising incomes, especially in the burgeoning middle-class, enable many of the country's 1.35 billion people to consume more meat, dairy products, eggs and farmed fish.

More than a quarter of the meat produced worldwide is now eaten in China, mainly pork and poultry. In 1978 when China started

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Food crisis in Asia

Updated: 2011-08-01 08:22

(China Daily)



Video

Editor's Note:

As the global population rises, farmers, particularly in developing countries, are coming under pressure to increase their crop yields to meet growing demand. D J Clark looks at the problems facing farmers and consumers in different parts of Asia, and examines some of the possible solutions.

Naryana Reddy farms a 1.5 hectare plot of land just outside Kothapally, a village in central India. He is typical of the millions of small-scale farmers across Asia who have increased food production at a faster pace than the growth of their families. When Reddy inherited the land he had to support just four people. Now there are seven in his family, but by using better water management, fertilizers and insecticides he gets two harvests a year instead of one and has managed to double his crop.

Over the past 40 years the global population has grown by 80 percent, but food production has more than kept pace, leaving every man, woman and child, on average, with more food than they ever had before, according to the United Nations Food and Agriculture Organization (FAO).

The FAO predicts population growth is slowing down and by 2050 should have almost reached zero, but not before adding another 2.5 billion people to the global population, 60 percent of whom will live in Asia.

Much of the vast increases in food production came in the 1970s in what was known as the " green revolution".

"If you look back through the annals of history you will see that science has made a very important contribution to agriculture," said Clive James, director of the International Service for the Acquisition of Agri-biotech Applications.

"People forget that Norman Borlaug, the architect of the 'green revolution' received the Nobel Peace Prize for saving 1,000 million people from hunger by creating new seed variations and advocating the use of fertilizers and pesticides to increase yields."

The "green revolution" started well with crop yield increases far outstripping population rises, but at some point in the 1980s crop yield growth rates started to fall and in 1990 the food production growth rate dropped below the population growth rate

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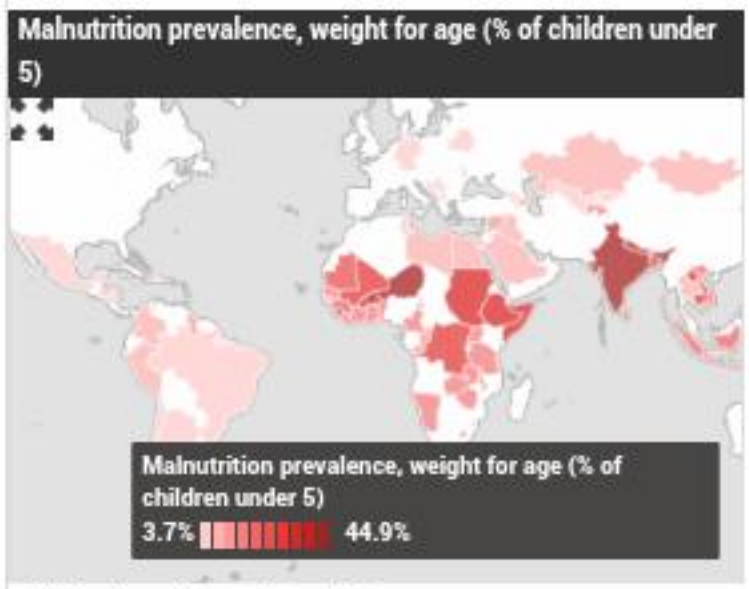
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The price of US corn matters in Asia. "While middle-income Southeast Asians don't eat much corn, their dinner often does," reports Patrick Winn for Global Post. "Chickens, cows and pigs feed on both milled corn and soybeans, another crop wilting from the American drought." Persistent droughts in the US could cause a hike in food prices, even in countries that traditionally relied on rice as a staple food. Asian diets are trending toward more meat and less rice. Plentiful rice in Southeast Asia may help avert food shortages that could result from persistent US droughts. Thailand and Vietnam – the world's two largest rice exporters – had good weather and produced surpluses, offering a substitute and safety net should prices for corn and wheat spike. Populist policies in Thailand offer price guarantees to farmers, adding to the surpluses. The stockpiles – due to changing tastes and shortsighted and populist policies rather than careful government planning – could prevent hunger and mass protests. – YaleGlobal

Southeast Asia: Food Crisis Feed

Rice could be the world's insurance policy against a food crisis; Southeast Asia has enough to go around

Patrick Winn
The Global Post, 3 August 2012

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Study: Food crisis imminent within next decade if no change to climate policy

Sep 12, 2012



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Research released today shows that within the next 10 years large parts of Asia can expect increased risk of more severe droughts, which will impact regional and possibly even global food security.



The report, led by the University of Leeds and published by the UK-based Centre for Low Carbon Futures, highlights China, Pakistan and Turkey as the most seriously affected major producers of wheat and maize and urges policymakers to focus attention on climate change adaptation to avert an imminent food crisis.

On average, across Asia, droughts lasting longer than three months will be more than twice as severe in terms of their soil moisture deficit compared to the 1990-2005 period. This is cause for concern as China and India have the world's largest populations and are Asia's largest food producers.

The research was led by Professor Piers Forster from the School of Earth and Environment at the University of Leeds, who is also a lead author on Intergovernmental Panel on Climate Change (IPCC) reports that have directly informed UN climate negotiations of the latest science. The study was based on climate change projections from 12 leading climate modelling centres around the world and finds clear signals of climate change emerging within the next 10 years.

Commenting on the results of the analysis Dr Lawrence Jackson, a co-author of the report, said: "Our work surprised us when we saw that the threat to food security was so imminent; the increased risk of severe droughts is only 10 years away for China and India. These are the world's largest populations and food producers; and, as such, this poses a real threat to food security."

Prof Forster said: "The message for policymakers is clear. The threat to food production in Asia from drought risk brought on by climate change could be felt in the next 10-15 years. Given the slow rate of progress achieved over the 20 years up to the recent United Nations Conference on Sustainable Development (Rio +20), we cannot wait for actions to address the changes in the physical climate if we want to feed the growing Asian population and limit impact on global food security. Immediate actions are needed to achieve more sustainable use of water supplies and enhance adaptive capacity."

Jon Price, Director of the Centre for Low Carbon Futures, said: "We commissioned this new study because until now most projections on food security and drought have been to the 2050s - far out of range for most policy makers to contemplate. Our report projects impacts for the 2020s. It shows in this period we will see marked increase in drought severity across much of Asia."

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Water in Crisis - Spotlight on the Asian Food Crisis

By: Lori Lewis (Guest Writer)

Some of the largest food-producing regions in Asia have recently faced many crises . Russia has had devastating heat waves and fires, Thailand has endured severe drought, and Pakistan and China have suffered from flooding. This has led to a drop of 63 million mega tons of grain on the world grain market, and many of these countries are imposing export bans on rice and grain in order to provide enough food for the people in their own countries. This has had a combined effect on the global price and availability of rice and grains, causing grain prices to soar. With Asia currently inhabiting over half of the world's hungry people, this could become a grave concern. If their stocks run low and they face the need to import food from other regions, the price will be too high for the poorest, and most vulnerable, populations to afford.

Asia is one of the world's largest producers of food, contributing to the production of 90% of the world's rice, but with the global population expected to rise above eight billion people by the year 2030, they will need to produce at least 50% more rice than they are currently producing in order to keep pace with the demand.

Climate change has contributed to rising sea levels along the many miles of Asian coastline, and the impact has been most noticeable in the Mekong Delta. Severe drought has left the Mekong River at its lowest level in more than 50 years . This, accompanied by rising sea levels, has caused an increased salt concentration in the river, leaving tens of thousands of hectares of farmland vulnerable to destruction, as rice is strictly a fresh water crop.

In addition to rice and grains, another major staple of the Asian diet comes from fish. Currently, the water shortages and an increased need for energy have led to the construction of hydroelectric dams. While the dams can control the amount of water provided for irrigation during the dry season and can provide energy to the region, they have a significant negative impact on the fish population. The fish need to swim upriver to spawn, but they are stopped at the dams and cannot migrate upstream.

Asia is already facing difficulties in finding adequate sources of fresh water for their crops and consumption. Current rice production uses between 24 and 30% of the world's freshwater resources. To grow 1kg of rice, they are typically using about 3,000 liters of water , but only half of that is actually consumed by the plant. The pressure to increase crop production for both cash and to ward off food insecurity has led farmers to cut down forests to use the land for farming. However, much of this soil is poor in nutrients , and without the forest to hold the soil, heavy rains during the wet season cause significant erosion, further leaching the soil of nutrients, and sending huge amounts of sediment down streams, rivers, and lakes. In addition, increased use of fertilizers and pesticides have polluted fresh water and made the declining local fish populations unsafe to eat, which has also contributed to food scarcity.

In order for Asia to meet the food needs of their population and still be able to provide exports for world trade, they must take a deep look at the way they use their water sources.

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18 October, 2011

The world food crisis - An Asian perspective

By Chandran Nair

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Countries across Asia, including China, India, Indonesia and Vietnam, are fighting to curb soaring food prices. After peaking at a record high of 238 points in February, the Food Price Index averaged 234 points in June, 39 per cent higher than the same period last year.[1] In Asia, it has translated into an average 10 per cent increase in food prices and could push 64 million Asians into extreme poverty.[2] In the Asia Pacific region, 578 million people were undernourished in 2010.[3]

The Neglect of Agriculture

The crisis, while triggered by recent trends such as rising consumption, environmental degradation, climate change and demand for biofuels, has its origins in flawed government policies. Lured by the arguments of Western institutions and economists concerning a fast track to prosperity through "Washington consensus" models of economic growth, Asian policymakers have shifted their focus from a development path traditionally dominated by agricultural self-sufficiency to one mandated by the industrial and manufacturing sector. The common belief was that Asian countries could 'manufacture their way out of poverty". This led to policies that sowed the seeds of the exigency by not recognising that manufacturing-led economic growth would further push agriculture to the background and also result in worsening rural-urban disparities and unwittingly encourage overconsumption.

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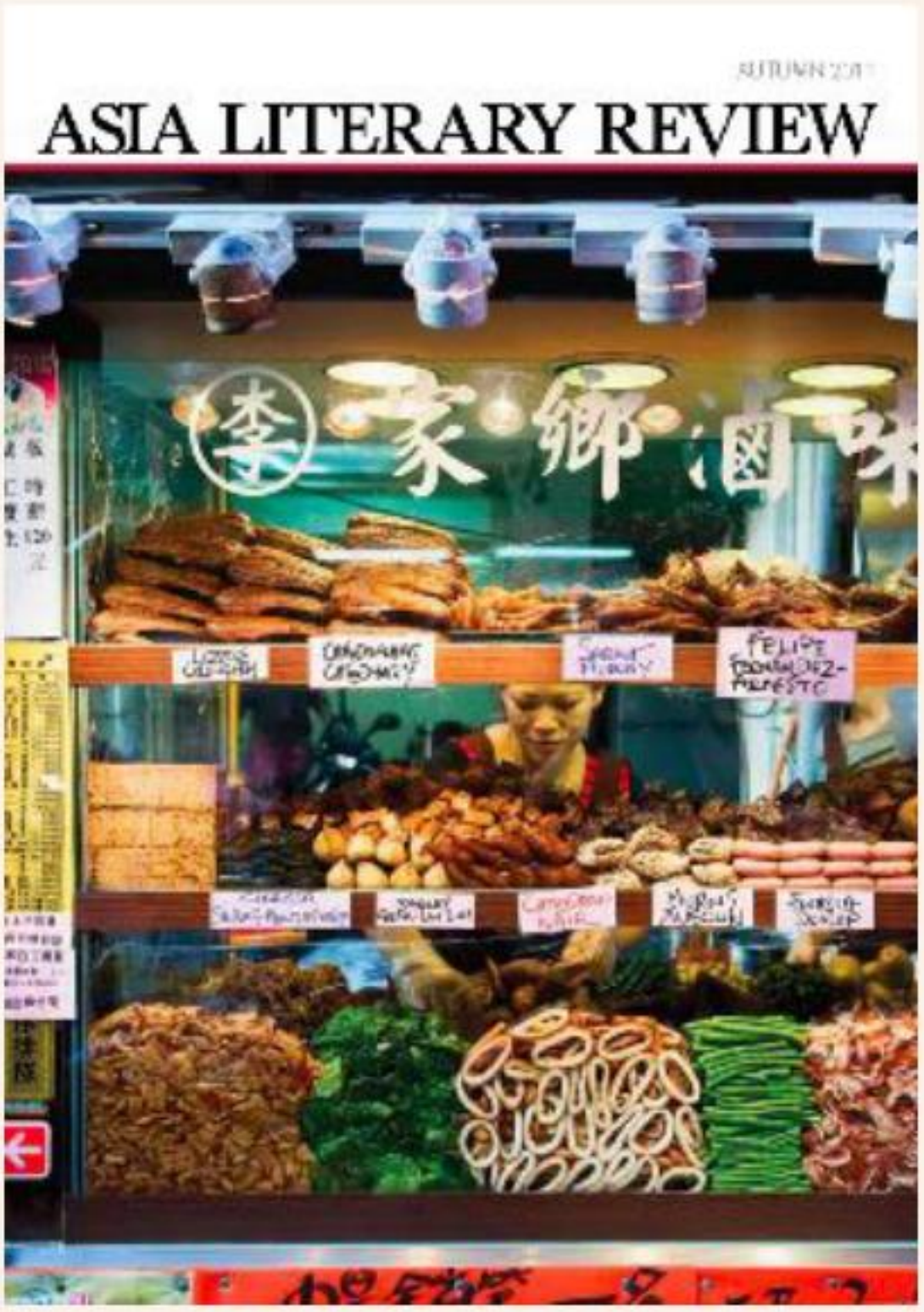
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Food Prices in Asia: Is there a Coming Crisis?

Venue Live Online Discussion Date **4 September 2012** By Adriano, Lourdes; Bui, Giap Minh
Subjects Agriculture and natural resources

Karen Palmer: Welcome to today's discussion on Food Prices in Asia: Is there a coming crisis?

Karen Palmer: I'm your moderator, Karen Palmer. Joining us today is Giap Minh Bui, a Natural Resources and Agriculture Economist in ADB's Southeast Asia Department, and Lourdes Adriano, ADB's lead agriculture specialist, who recently coordinated the publication of four papers produced out of the ASEAN Rice Trade Forum.

Karen Palmer: The working papers suggested ASEAN nations can help avoid world rice price shocks by reducing export restrictions, placing less emphasis on self-sufficiency, and expanding coordinated rice policies with India and Pakistan. They also advocate for a regional rice commodities exchange.

Karen Palmer: Stability in the rice market is particularly crucial given the expected impact of drought and reduced rains in major grain-producing countries like the U.S., Ukraine and Russia.

Karen Palmer: We have received numerous questions submitted by email, so I apologize in advance if time does not allow us to answer them all. I'd like to open today's discussion with some of those questions.

Karen Palmer: Gilbert Emano, a BS Economics student from the University of San Carlos, in Cebu City, the Philippines asks: If there is food shortage and if this food shortage is going on at a faster rate, will agriculture type of business such as farming of rice, corn and other food agricultural farm products be profitable in the coming years, especially in the Philippines? If so, when exactly will it happen?

Lourdes Adriano: Farming becomes profitable if farmers have access to appropriate inputs (such as fertilizer), technologies, and market information. But aside from the returns-costs factor, there are also sectoral and macro policies that need to be in place. For example... Farmers will need to access markets, but with poor farm-to-market roads and poor storage facilities, they will lose a lot. Macro policies involve fiscal measures where governments spend on production (e.g., irrigation) and market infrastructure (e.g., roll-on, roll off port facilities) and provide enabling policies for farming to become a profitable venture (e.g., sea transport regulations in the Philippines are so prohibitive that it is less costly to transport corn from Thailand than from Mindanao), or enabling farmers to have the choice to produce crops that will generate them more income.

Karen Palmer: A follow-up from Mr. Emano: If not, what industries or development ideas should we focus on to combat this drastic phenomena of shortage in food supply and rising prices, which in turn would be profitable for the small and medium enterprises to be engage in?

Lourdes Adriano: Development of food chain logistics - linking farms to processing/storage to markets (domestic and foreign); ensuring efficient use of our water and land resources for sustainable production; reducing waste and losses at every segment of the food chain; AND improving access to SAFE and NUTRITIOUS food to the poor and vulnerable (for example, through conditional cash transfers, targeted food safety nets)

Karen Palmer: Dipayan Bhattacharyya asks: What can net staple importing and exporting countries do differently this time, based on experience and lessons learned from the 2008 crisis?

Lourdes Adriano: Countries can get together and collectively agree on coherent trade policies. For example, the ASEAN +3 rice market has the largest exporters (Thailand, Viet Nam), the world's leading rice importers (Philippines and Indonesia), and major game players (PR China, Japan, S. Korea). If they agree not to unilaterally promulgate export bans or import tariffs, and instead come up with institutional arrangements for forward contracts of rice, the rice trade would be "thicker" and prices more stable. ASEAN can also bring into the discussion other South Asian rice players, such as India, Pakistan, and Bangladesh.

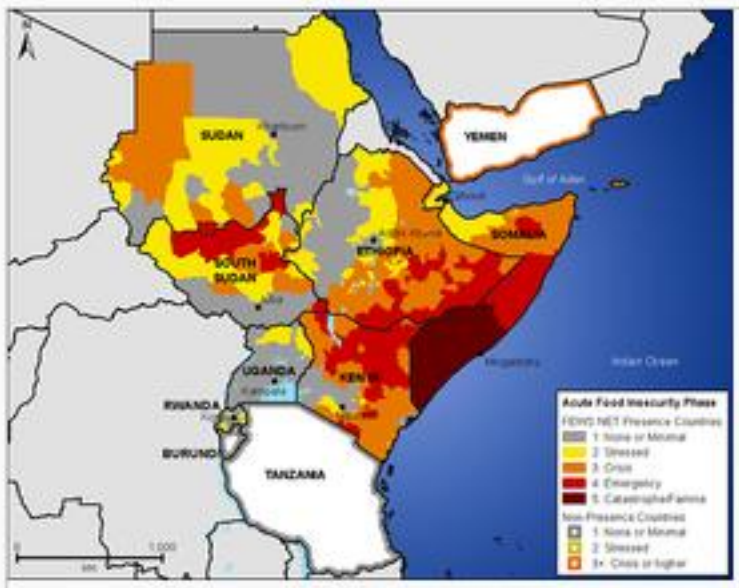
Karen Palmer: Dipayan Bhattacharyya also asks: With other commodity prices rising, some countries once again may press the panic button, leading once again to a global food crisis. What can big players like ADB and the World Bank lobby for -- and do -- in order to prevent such drastic behavior that may drive food prices up further?

Lourdes Adriano: World Bank goes for global collective action (e.g., G20); ADB advocates for collective coherent food trade policies at regional levels – ie ASEAN, South Asia Association for Regional Cooperation (SARC), Central Asia Regional Economic Cooperation (CAREC), and Greater Mekong Subregion (GMS). More than regional cooperation, we invest in productivity measures in every segment of the food chain (ensuring less wastage per

2:30 AM

2011 East Africa drought

2011 East Africa drought



FEWS Net food security projection for East Africa at the height of the drought (July-Sept 2011).

Country	Somalia, Djibouti, Ethiopia, Kenya, Uganda and neighboring countries[1]
Location	East Africa
Period	July 2011–August 2012
Total deaths	50,000-260,000[2][3]
Death rate	0.6-2.8 per 10,000 per day[4]
Theory	severe drought; insurgency
Relief	$1.3 billion[5]
Impact on demographics	9.5 million in need of assistance in Somalia, Djibouti, Ethiopia and Kenya[6]

Between July 2011 and mid-2012, a severe drought affected the entire East Africa region.[7] Said to be "the worst in 60 years",[8] the drought caused a severe food crisis across Somalia, Djibouti, Ethiopia and Kenya that threatened the livelihood of 9.5 million people.[6] Many refugees from southern Somalia fled to neighboring Kenya and Ethiopia, where crowded, unsanitary conditions together with severe malnutrition led to a large number of deaths.[9] Other countries in East Africa, including Sudan, South Sudan and parts of Uganda, were also affected by a food crisis.[8][10][11][12]

According to FAO-Somalia, the food crisis in Somalia primarily affected farmers in the south rather than the northern pastoralists.[13] On 20 July, the United Nations officially declared famine in two regions in the southern part of the country (IPC Phase 5), the first time a famine had been declared in the region by the UN in nearly thirty years.[14][15] Tens of thousands of people are believed to have died in southern Somalia before famine was declared.[14]

Although fighting disrupted aid delivery in some areas, a scaling up of relief operations in mid-November had unexpectedly significantly reduced malnutrition and mortality rates in southern Somalia, prompting the UN to downgrade the humanitarian situation in the Bay, Bakool and Lower Shabele regions from famine to emergency levels.[16] According to the Lutheran World Federation, military activities in the country's southern conflict zones had also by early December 2011 greatly reduced the movement of migrants.[17] By February 2012, several thousand people had also begun returning to their homes and farms.[18] In addition, humanitarian access to rebel-controlled areas had improved and rainfall had surpassed expectations, improving the prospects of a good harvest in early 2012.[16]

By January 2012, the food crisis in southern Somalia was no longer at emergency levels according to the International Committee of the Red Cross (ICRC).[19] Although security restrictions precluded the collection of updated information in December/January for a few regions in southern Somalia, the UN indicated in February 2012 that indirect data from health and relief centers pointed to improved general conditions from August 2011. The UN also announced that the famine in southern Somalia was over.[20] However, FEWS NET indicated that Emergency (IPC Phase 4) levels of food insecurity persisted through March in the southern riverine parts of the Juba and Gedo regions, the south-central

2007–08 world food price crisis

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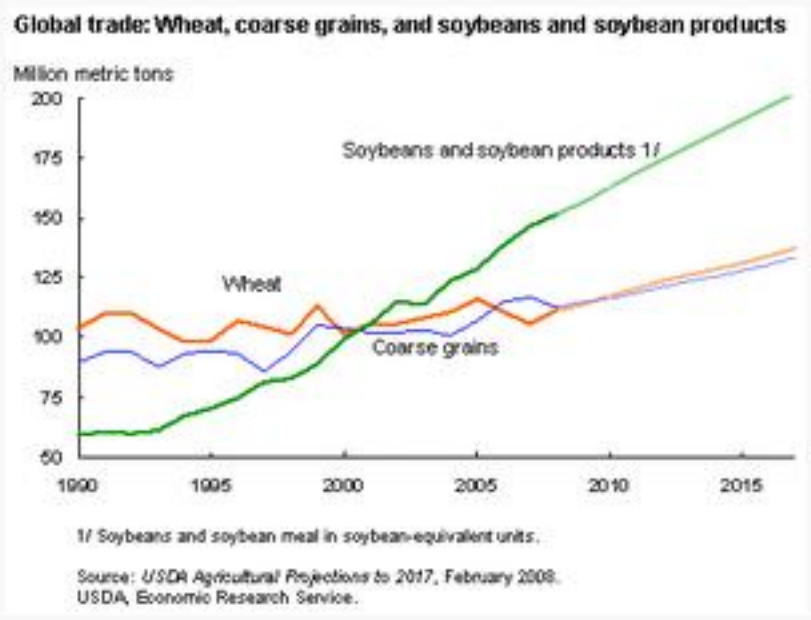


Chart of global trade volume in wheat, coarse grain and soybeans 1990 to 2008, and projected to 2016. United States Department of Agriculture, 2008.

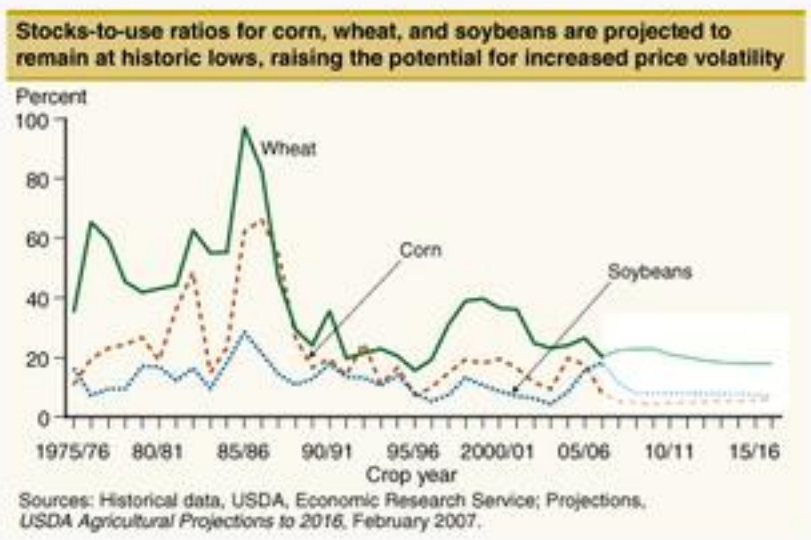


Chart of the United States stock to use ratio of soybeans, maize and wheat, from 1977 to 2007, and projected to 2016. United States Department of Agriculture, September 2007.



World food price index, 1990–2012. Record high prices occurred during the food price crisis followed by another surge in prices since 2010. Food and Agriculture Organization of the United Nations.

World food prices increased dramatically in 2007 and the 1st and 2nd quarter of 2008[1] creating a global crisis and

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Global Food Crisis

The new world of soaring food prices



FOOD INSECURITY

Little Keeps Nigeria From Crisis

Today, about 90 percent of Nigeria's agricultural output comes from inefficient small farms, according to the World Bank, and most farmers have little or no access to fertilizers, irrigation or other modern inputs. Most do not even grow enough food to feed their own families. According to UNICEF, 65 percent of the country's population -- roughly 91 million people -- are what humanitarian organizations call "food insecure."

(Photo: Women husk corn at a village in Katsina state in northern Nigeria. -- By David Hecht For The Washington Post)

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The Post explored causes and effects of the world's worst food crisis since the 1970s in a five-day special series.
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Dossier: Global Food Crisis In Depth



As the global economic crisis deepens, hunger and malnutrition are likely to increase. Reduced incomes and higher unemployment mean the purchasing power of the poor diminishes. Already, more and more people are finding food is out of reach.

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Perspectives

What do experts think about the global food crisis and the economic crisis that is intersecting with it? Here are four perspectives:

Josette Sheeran



The financial crisis is hitting the world's hungry hard because their budget for food is shrinking, says WFP Executive Director Josette Sheeran.

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Howard Buffett



Howard G. Buffett, WFP Ambassador against Hunger, sees the global financial crisis as the worst possible scenario for the world's poor and hungry.

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What is the effect of higher prices and financial turmoil on the world's poorest people? Here are some viewpoints from around the world:

Ghana: Selling Off Livelihoods



WFP Food Monitor Prosper Dakurah describes how one woman at a market in Ghana tried to deal with high food prices – by selling her potential livelihood.

Read more and watch the video

Senegal: "We have to skip meals"



Coumba Ba began to feel the effects of higher food prices in 2007, following a bad harvest. Today, her family must often skip a meal. When all else fails, they must sell a goat.

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Human Rescue Plan - Sean Penn

MANAGING THE WORLD'S GRAIN



Leaders brainstorm
The world produces millions of metric tons of wheat, maize, rice and sorghum. But those grains are not always where they need to be when markets get tight as they did during last year's high-food-price crisis. That's why leaders from around the world were in St. Petersburg on 6 and 7 June. Read more

- **Call for stronger anti-hunger system at Grain Forum**

VOICES OF THE POOR



Research by the Institute of Development Studies (IDS) in the UK shows people in poor communities of five low-income countries are **eating less frequently** and are withdrawing children from school as they begin to feel the direct impacts of the financial crisis.

The research, focusing on **Bangladesh, Indonesia, Kenya, Jamaica and Zambia**, is part one of a set of 10 studies by IDS exploring the impact of the financial crisis on developing countries. The series of In Focus Policy Briefings were published ahead of

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Food crisis: A disaster in waiting?

Last Updated: Wednesday, May 29, 2013, 14:02

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Shruti Saxena

Food no doubt holds a central place in our lives as it is one of the basic needs for the very existence of the mankind. With the world`s population expected to grow from around seven billion today to more than nine billion in 2050 – an increase of nearly one-third – there will certainly be a lot more stomachs to fill.

According to the UN, 870 million people across the globe remain persistently underfed, yet nearly half of the world`s food supply is wasted every year. Of the four billion tons of food produced annually, between 1.2 and 2 billion tons are lost, though the causes of waste vary between rich, poor and intermediate countries.

The growing world population and relatively stagnant growth in food production certainly raise a lot of apprehension and concern about whether our Mother Earth is capable enough to sustain such a large number of people in the long-term? Is there enough food to feed all of us?

Are we incapable of feeding everyone? The answer is clearly 'no'. There are sufficient food resources on the planet to feed the current population and in fact, many more and yes, we are capable enough to feed each one of us.

According to the UN Food and Agriculture Organisation, the world produces enough food to provide every person with more than 2,700 calories per day, which is more than the recommended amount for an average adult. But, still there are countless stomachs that starve for food not because of lack of production of food, but because of a crippled agricultural system and a devastating impact of

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Despite significant improvements in parts of the region, millions of people continue to need support to recover.

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"Two successive poor rains, entrenched poverty and lack of investment in affected areas have pushed 13 million people into a fight for survival."

The situation

In mid-2011 a major food crisis, affecting 13 million people, was declared across parts of East Africa, and Oxfam launched its largest ever funding appeal in the continent. Livestock died, harvests failed, and families' livelihoods were destroyed. Tens of thousands of people are believed to have died – mainly in Somalia, where the first famine of the 21st century was announced.

The crisis continues. There have been significant improvements in some parts of the region since the emergency was declared, but millions of people continue to need support to recover, and forecasts for the next rains are poor. Communities need the basic services, infrastructure and capacities to ensure they are resilient in future. Rebuilding lives and livelihoods will take sustained effort for years to come.

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The Environmental Food Crisis

The Environment's Role in Averting Future Food Crises

A new rapid response assessment report released by UNEP warns that up to 25% of the world's food production may become lost due to environmental breakdown by 2050 unless action is taken. Prepared by the Rapid Response Assessment Team at GRID-Arendal and UNEP-WCMC, the report provides the first summary by the UN of how climate change, water stress, invasive pests and land degradation may impact world food security, food prices and life on the planet and how we may be able to feed the world in a more sustainable manner. The report concludes that we need to get smart and more creative about recycling food wastes and fish discards into animal feed. While major efforts have gone into increasing efficiency in the traditional energy sector, food energy efficiency has received too little attention.



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The report offers seven major recommendations, including, short, medium and long-term
1) Regulate food prices and provide safety nets for the impoverished;
2) Promote environmentally sustainable higher-generation biofuels that does not compete for cropland and water resources;
3) Reallocate cereals used in animal feed to human consumption by developing alternative feeds based on new technology, waste and discards;
4) Support small-scale farmers by a global fund for micro-finance in developing diversified and resilient ecoagriculture and intercropping systems;
5) Increase trade and market access by improving infrastructure, reducing trade barriers, enhancing government subsidies and safety nets, as well as reducing armed conflict and corruption;
6) Limit global warming; and,
7) Raise awareness of the pressures of increasing population growth and consumption patterns on ecosystems.



Photo from the launch of the Environmental Food Crisis report in Nairobi
Photo taken by Peter Prokosch

Comments/Feedback

Stacia Nordin, RD - 20 Sep 2010
Thank goodness this is finally receiving attention! Everyone eats, but no one seems to want to get into the nitty gritties of how food is grown and how it gets to their plate. We all need to take part in improving our food systems.

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Global Food Crisis

The Fury of the Poor

By SPIEGEL Staff

Around the world, rising food prices have made basic staples like rice and corn unaffordable for many people, pushing the poor to the barricades because they can no longer get enough to eat. But the worst is yet to come.

Fort Dimanche, a former prison in the hills above the Haitian capital Port-au-Prince, is a hell on earth. In the past, it was home to the torture chambers of former dictator "Baby Doc" Duvalier's death squads, the Tontons Macoutes. Today thousands of impoverished Haitians live in the prison's grounds, digging through piles of garbage for food. But even dogs find little to eat there.

On the roof of the former prison, enterprising women prepare something that looks like biscuits and is even called by that name. The key ingredient, yellow clay, is trucked in from the nearby mountains. The clay is combined with salt and vegetable fat to make dough, which is then dried in the sun.

For many Haitians, the mud biscuits are their only food. They taste of fat, suck the moisture out of the mouth and leave behind an aftertaste of dirt. They often cause diarrhea, but they help to numb the pangs of hunger. "I'm hoping one day I'll have enough food to eat, so I can stop eating these," Marie Noël, who survives with her seven children on the dirt cakes, told the Associated Press.

The clay to make 100 of the biscuits costs $5 (€3.15) and has risen by $1.50 (€0.95), or about 40 percent, within one year. The same is true of staple foods. Nevertheless, the same amount of money buys more of the mud cakes than bread or corn tortillas. A daily bowl of rice is almost unaffordable.

The shortages triggered revolts in Haiti last week. A crowd of hungry citizens marched through Port-au-Prince, throwing stones and bottles and chanting, "We are hungry!" in front of the presidential palace. Tires were burned, and people died. It was yet another of the rebellions that are beginning to occur with increasing frequency worldwide, but which are still only a harbinger of what is yet to come.

Food is become increasingly scarce and expensive, and it is already unaffordable for many people. The world's 200 wealthiest people have as much money as about 40 percent of the global population, and yet 850 million people have to go to bed hungry every night. This calamity is "one of the worst violations of human dignity," says former UN Secretary-General Kofi Annan.

Should we be surprised that despair often turns into violence? The food crisis afflicts the world's poor -- in Africa, South Asia and the Middle East -- like a biblical plague. Prices for staples like rice, corn and wheat, which were relatively stable for years, have skyrocketed by over 180 percent in the last three years. A bottleneck is developing whose consequences are potentially more severe than the global crisis in the financial markets. With nothing left to lose, people on the brink of starvation are more likely to react with boundless fury.

The World Bank and the International Monetary Fund (IMF) addressed this global crisis at a joint meeting last weekend. World Bank President Robert Zoellick warned that exploding food prices threaten to cause instability in at least 33 countries, including regional powers like Egypt, Indonesia and Pakistan, where the army has had to be brought in to protect flour transports. The crisis is helping radical Islamic movements gain strength in North Africa. There has been unrest in recent weeks in Mauritania, Mozambique, Senegal, the Ivory Coast and Cameroon, where the violence has already claimed about 100 lives.

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What a global food crisis looks like: Oxfam's food prices map

GROW
FOOD. LIFE. PLANET.

Food prices have hovered near an all-time peak since late 2010 sending tens of millions of people into poverty. Oxfam's interactive map shows how poor communities across the world are being hurt by high and volatile food prices. This 'food price pressure points map' provides a global snapshot of the impacts of the global food price crisis.

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align="middle"> <param name="movie"
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What causes food price spikes?

Failed crops – often caused by our changing climate – hit food prices hard. So does the rising cost of oil – used to grow, fertilize and transport food.

Short-sighted biofuels strategies play a part too – taking food off of people's plates and putting it into car tanks. And dysfunctional commodities markets mean that food prices go up faster and higher than they should.

But despite all these complex causes, the effects on poor people are painfully simple. Parents choose between feeding their children and feeding themselves.

Whole communities face an uncertain future, because all anyone can think about is where their next meal will come from.

It's time to grow out of food price spikes.

The way to GROW

Food price spikes happen because of things like climate change and rising oil prices – so a major part of the solution involves getting those root causes under control.

But what's also needed is more effective global handling of food price crises when they do happen. That way, the poorest families have somewhere to turn even when things do get desperate – and when they suddenly can't afford even the meager amount they could afford a week earlier.

For our world to GROW together, we need to get food price spikes under control.c

Related links

Here's Oxfam's analysis of 2012 food price hikes (pdf 237kb)

Rising food prices: Case studies from around the world

Blog: The GROW Method: How to fix the food system with every bite

Tags: GROW food food price food price crisis food price volatility GROW map

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13 x 13 – a lucky number for Malian family in the midst of a food crisis

West Africa Food Crisis



Little Rashida, aged two, eats locusts in Niger. The locusts have destroyed her family's millet crop, so now the locusts themselves are their source of food. They aren't enough, though; Rashida is malnourished.

10 Photos

Last year droughts, soaring food prices, locusts and conflict left almost 19 million people across West Africa vulnerable to massive food shortages. In Mali, recent conflict has worsened the situation for many communities. Thousands of children and families in these communities require support including food, healthcare and protection.

How you can help:

Emergency Appeal: Donate Now

Subscribe to World Vision News Online

A 30 second snapshot of the situation in West Africa

Salissou is 11, and lives in Niger - he loves his little sister more than anything in the world. This is a touching account of the reality of the crisis from his eyes.You can view the full video of Salissou's story here.

Salissou hasn't given up... and neither should we. Please click here to donate now.



What's happening now?

The worsening situation in Mali is the focus of our current efforts. Our response in Mali addresses:

- Access to food and nutritional support
- Protection for vulnerable groups
- Shelter and other essentials
- Water, sanitation and hygiene

Background information

The crisis is caused by a combination of factors. Across the West Africa region, underdevelopment, conflict over resources

Resolvin.
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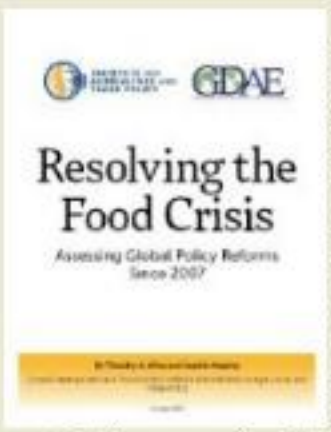
Jobs and Resources

Resolving the Food Crisis: Research for Global Policy Reform

The third food price spike in five years highlights the inadequacies of the global community's policy responses to the 2007-8 food price spikes. In a January 2012 report, Timothy A. Wise and Sophia Murphy assessed how well has the international community responded to the challenge? In "Resolving the Food Crisis: Assessing Global Policy Reforms Since 2007" Wise and Murphy argued that the recent crisis has been a catalyst for important policy reforms, but they concluded that governments had yet to address its underlying causes. They warned that the international community was avoiding deeper structural reforms, leaving the world vulnerable to further crisis. The third devastating price spike in five years, triggered by the U.S. drought, is now the case in point.

The report launched a GDAE research program on the causes of and policy solutions for the current food crisis. Research includes ongoing work on:

- the ever-closer links between food, fuel, and financial markets;
- the reliability of projections that we will not be able to feed the world in 2050;
- research into the impacts of U.S. biofuels policies on developing countries.



The report, "Resolving the Food Crisis," is based on a comprehensive assessment of the policies and actions taken since 2007 by four international groups of actors: the UN, the G-20, the World Bank and international donors. The authors document the welcome renewal of attention to agricultural development and to the contributions of small-scale farmers and women. They also find encouraging signs of improvement in the attention to environmental issues, including climate change. But they warn that policy reforms fall well short of what is needed to meet the world's current and future food needs in a sustainable way, particularly in the context of rapidly changing climate.

Several issues received priority attention in the Food Crisis report, and they are the focus of ongoing GDAE research:

- **Reducing financial speculation on commodities markets** – Reforms have been limited, leaving commodities markets prone to wide price swings. Proposals to increase the use of food reserves to limit volatility have been largely rejected. (See further research below)
- **Limiting the further expansion of crops and land dedicated to biofuels** –Government subsidies, incentives, and mandates spur biofuel expansion in industrialized countries, contributing to the underlying demand-growth that drives agricultural prices steadily upward. (See further research below)
- **Expanding sustainable food production in developing countries** – Yield gaps are largest among smaller scale farmers, and investing in the sector can close those gaps, improving livelihoods, resource management, and food production. (See further research below)
- **Halting "land grabs"** – As food-producing resources become more valuable, resource-constrained countries and speculative investors have bought or leased millions of acres of agricultural land in Africa and in other developing regions, compromising the long-term food-producing capacity of developing countries..

Download **"Resolving the Food Crisis: Assessing Global Policy Reforms Since 2007"**
Download the **Executive Summary**

Further analysis from GDAE's work on the Food Crisis:

Framing Hunger: A Response to "The State of Food Insecurity in the World 2012", Frances Moore Lappé, Timothy A. Wise, et. al. *Small Planet Institute*, May 2013

Food Crisis Update: Main Drivers of Price Volatility Still Not Addressed, by Timothy A. Wise and Sophia Murphy, *GDAE Globalization Commentary*, from *Triple Crisis Blog*, February 12, 2013

A year of squandered opportunities to resolve the food crisis, by Timothy A. Wise and Sophia Murphy, *IATP Commentary*, January 31, 2013

Resolving the food crisis: The need for decisive action, Timothy A. Wise & Sophia Murphy, *Al Jazeera*, January 30, 2013 (Also reprinted in *Third World Economics: Trends and Analysis)*

Global Food Security in a Volatile World, Timothy A. Wise, *World Politics Review*, November 6, 2012

Spotlight G-20: Mexico's Surreal Leadership on Food Security, by Timothy A. Wise, *GDAE Globalization Commentary*, from *Triple Crisis Blog*, June 18, 2012

G-8 punts on food security ... to the private sector, by Timothy A. Wise and Sophia Murphy, *GDAE Globalization Commentary*, from *Triple Crisis Blog*, May 22, 2012

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GLOBAL FOOD PRICES

Following a severe drought in the US, a spike in agricultural commodity prices to record highs is threatening the world with the prospect of a repetition of the food crisis of 2007-2008

From MARKETS 10:11am

Record crops to push grain prices lower

UNFAO says favourable weather could lead to 6.5% output rise



From MARKETS May 21, 2013

Corn prices tumble amid intense planting

Rapid pace makes record US harvest more likely

From MARKETS May 21, 2013

US corn rush threatens prices

Record number of fields planted last week



From MARKETS May 10, 2013

Record US corn crop forecasts curb prices

Farmers expected to overcome wet planting conditions

From COMPANIES Apr 23, 2013

Dairies raise milk prices for farmers

Dairy Crest and Arla boost producers

Comment and analysis

- Food price speculation taken off the menu
- Russia looks west amid grain shortages
- Farmers must adapt to extreme weather
- Lex: Food and farmland – peaking?
- US farmers reel from soaring feed prices

Analysis



US drought: The heatwave that has pushed corn prices to record highs threatens a new food crisis



From MARKETS Apr 17, 2013

Food prices are forecast to tumble

Bumper crops expected in US and South America



From WORLD Apr 14, 2013

Rousseff endangered by price of tomatoes

Cost of staple puts spotlight on nagging inflation in Brazil



From MARKETS Apr 10, 2013

Corn falls after higher storage estimate

USDA says 125m more bushels will remain in silos before harvest



From MARKETS Mar 21, 2013

NZ drought pushes milk to record high

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HungerFREE World Tour



Take our world tour and see where hunger is being tackled and where it is likely to get worse.

In the map above and in our full report, 'On the brink', The Vulnerability index assess countries vulnerability to hunger and the likely negative impact of environmental degradation on agriculture.

The Capacity & Preparedness index, gives the overall rank by gauging policy interventions that help tackle vulnerability.

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On the brink: Who's best prepared for a climate and hunger crisis?
by: ActionAid
Monday, 10 October 2011 –

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